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35



## NOVEMBER 2022

VOL. 193, NO. 5

- 4 COMMANDER'S MESSAGE
- 6 THE FOB (FORWARD OPERATING BASE)
- 14 LIVING WELL
- 18 TRAVEL
- 52 RAPID FIRE
- 62 COMRADES
- 64 PARTING SHOTS

### 20 War & Reckoning

Despite historical precedent, holding Russia – and Vladimir Putin – accountable for war crimes in Ukraine won't be easy.

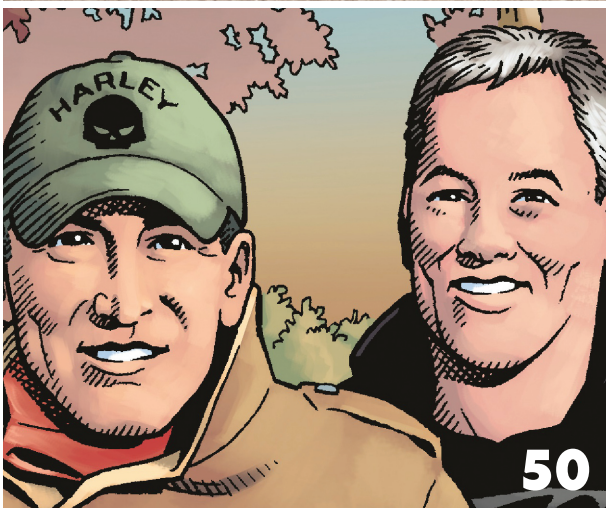
*By Michael S. Bryant*

### 32 'This Was Their Week At Last'

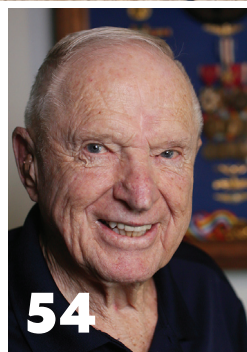
For four decades, the Wall has done what it was designed to do.

### 34 'We Did it'

National Commander Paul E. Dillard applauds the Legion Family for PACT Act advocacy, other wins.



50

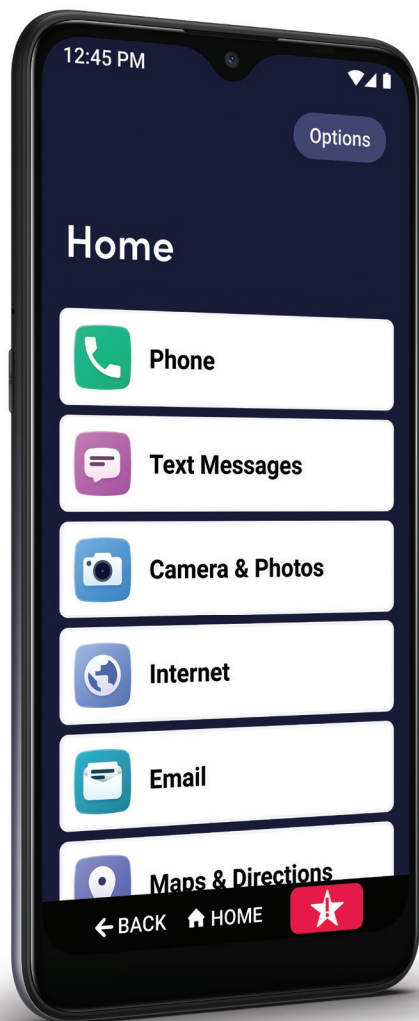


54

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## One post's plan for growth, retention

The topic caught my eye. At our national convention in Milwaukee, Indiana District 11 Public Relations Chairman Paul Norton led a training session titled "Inspiring Post Growth

and Retention." As membership chairman for Fort Benjamin Harrison Post 510 in Indianapolis, Norton has experience. A decade ago, the post had barely enough members to keep its charter. Today it has more than 500.

"It's not complicated if you focus on our Four Pillars (veterans, defense, Americanism and youth), have a mentorship program for new members and engage with your community," Norton says.

Top among his recommendations for member retention is to ask early. Renewals shouldn't be a rushed process in the final days of a membership year, but a year-round commitment. For best results, form a post membership committee that will make the calls. Above all, give members a reason to renew.

As for recruiting new members, Post 510 canvasses with zeal. Volunteers pair up and knock on doors, zeroing in on homes with cars that have military and veteran bumper stickers or license plates. Caps, shirts and jackets might also indicate someone's a veteran. Norton suggests placing eye-catching flyers about your American Legion post outside military surplus stores, commissaries, base exchanges, and National Guard and reserve centers. Door-hangers with post contact information are also part of Post 510's outreach.

"We don't just sign up new members," he says. "We invite retirees, other veterans and those still serving in the military to join our American Legion Family."

Norton also sees an opportunity to reach veterans through gaming. "Video games, such as PlayStation, Xbox and Oculus, can be a draw not only for the younger veteran but veterans with children and grandchildren," he said, adding that a post can purchase all three systems and TVs for less than \$3,500.

The title "Legionnaire" is special to me, but that isn't enough for most people to stay members. Post 510 is proving that engagement works. The successful post will know the needs of its community - and meet them.

# THE AMERICAN Legion MAGAZINE

Veterans Strengthening America

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Copyright 2022 by The American Legion  
 The American Legion (ISSN 0886-1234) is published monthly by The American Legion, 5745 Lee Road, Indianapolis, IN 46216. Periodicals postage paid at Indianapolis, IN 46204 and additional mailing offices.

**POSTMASTER:** Send address changes to The American Legion, Data Services, P.O. Box 1954, Indianapolis, IN 46206. Canada Post International Publications Mail (Canadian Distribution) Sales Agreement No. PM40063731. Return Undeliverable Canadian Addresses to: Station A, P.O. Box, Windsor ON N9A 6J5. Re-entered second-class mail matter at Manila Central Post Office dated Dec. 22, 1991.



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## Threatcasters

Many thanks to Alan W. Dowd for the informative story about fiction writers working with the military services (September). Two co-authors and I were asked to brief senior leaders about our techno-thriller novels, and both books were on the Air Force chief of staff's and Air Force Space Command's recommended reading lists for a decade.

These future-gazing novels foresaw a number of national security space issues that are now manifesting in the "real world." In fact, officers of the new Space Force have used the novels to acquaint guardians with potential threats to America's space infrastructure.

*William B. Scott,  
Colorado Springs, Colo.*



Army photo by Spc. Michael Baumberger

I am grateful *The American Legion Magazine* publishes Alan W. Dowd's articles, and whenever I see one like his most recent piece I read every word, even though this one sent chills down my spine. I remember seeing "The Court-Martial of Billy Mitchell" as a schoolboy in the 1950s, and couldn't understand why an officer could be punished for speaking the truth that a Pearl Harbor attack was possible.

Anyone who considers Dowd's discussions of possible threats to our country as fearmongering or warmongering need only look at the Russian atrocities in Ukraine, or China's stockpiling of nuclear weapons and its leveraging of a pandemic against the Western democracies. And those who don't think the U.S. economy is still struggling

to recover from the effects of the "accidental release" of the Wuhan-based COVID-19 virus probably can't understand how devastating a biological weapon could be to the free world.

Dowd's objective journalism serves as an alarm on the picket line, and we'd better listen.

*Tom Castor,  
Chillicothe,  
Ohio*

### THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS

Include your hometown and a daytime phone number for verification. All letters published are subject to editing. Due to the volume of mail received, not every letter can be acknowledged.

*The American Legion Magazine,  
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Photo courtesy Jay Bowen

*"All along the way,  
we were met with horns  
honking as cars drove by  
and people shouting their  
support. They knew what  
we were doing and  
why we were there."*

**Jay Bowen, Neal Thomas Jr.**  
**Centennial Post 209 in Colorado Springs, Colo.,** describing the 3-mile walk members of his post took on Sept. 11, waving flags to honor first responders, military personnel and thousands of Americans who lost their lives on 9/11. The group also toured local memorials.

Read about more 9/11 remembrance events from posts nationwide at [legiontown.org](http://legiontown.org).



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## Hershel 'Woody' Williams

Regarding the Woody Williams tribute (FOB, September), he was discharged in 1945, but stayed in the Marine Corps Reserve until his retirement, achieving the rank of Chief Warrant Officer 4. Also, in 2020, the Navy commissioned the expeditionary sea base USS *Hershel "Woody" Williams* in his honor.

*Kirk Reider, Clarksburg, W.Va.*

## Across the Sands of Time

I am an ex-Navy Tin Can sailor and really enjoyed Jeff Stoffer's article about Lt. Col. Valerie Prehoda and the Lone Sailor statue (September). I had the privilege to visit Washington, D.C., along with 90 other veterans on a Kansas Honor Flight. What a great experience to see all the memorials and Fort McHenry. I wish I had known about the Lone Sailor statue, which I saw but had no idea of its significance. God bless Valerie, and Jeff, for her story.

*Ed Kelly, Topeka, Kan.*

# THE PLAYLIST

*American Legion videos you don't want to miss.*

### Record-breaking Legacy Run

Take a day-by-day video tour of the 2022 Legacy Run from Mobile, Ala., to the 103rd National Convention in Milwaukee.

### Convention speakers, winners

Award winners and speakers, including Medal of Honor recipient Robert Patterson and VA Secretary Denis McDonough, are among dozens of videos from the national convention, including full gavel-to-gavel coverage on the Legion's YouTube channel.

Visit [legion.org/magazine/videos](https://legion.org/magazine/videos) or subscribe to The American Legion's YouTube channel to see, show and share other American Legion videos.

**Editor's note:** The pedestal for the Theodore Roosevelt Jr. statue in Normandy (Rapid Fire, August) was provided by the town of Sainte-Mère-Église, and Mayor Alain Holley spoke at the dedication June 6. The city's contribution to the statue was inadvertently left out of the article.



**103** Eagle Scout certificates issued from American Legion National Headquarters in August

**44** American Legion service officers who received certified accreditation in August to assist veterans with their VA claims and other needs

**\$3,874**

Amount in American Legion Temporary Financial Assistance grants in August benefiting seven children, from three veteran families



Wikimedia Commons

*"The strength, grace and class that Elizabeth II exhibited as a princess during World War II and later as queen has only deepened the affection that our veterans have for our allies in the United Kingdom. The passing of this legendary queen saddens The American Legion, but we will always be inspired by her many decades of service to humanity and her commitment to freedom for all."*

**American Legion National Commander Vincent J. "Jim" Troiola,** on the death of Queen Elizabeth II on Sept. 8 at 96, just months after the monarch celebrated her 70th anniversary on the throne

# Why get her one diamond ring this Christmas when you can get her three?



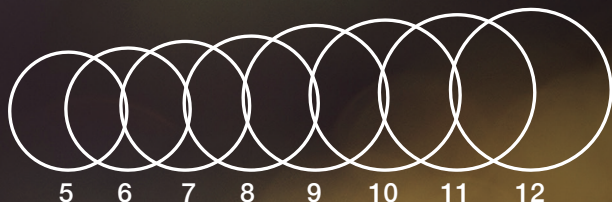
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## Whereas ...

**The Selective Service System is an independent agency** of the United States of America that maintains a list of information on American citizens potentially subject to military conscription and, during times of great need, performs work to ensure there is a ready force for draft into military service ...

**While the draft has not been used for an extended period of time**, The American Legion believes that unless it is abolished, it must be maintained and must continue to adapt to the current state of affairs in our nation in order to provide the highest level of readiness, in case of future crisis or disaster that would call for the draft to be reinstated ...

**The United States military**, for the majority of American history, excluded women from being allowed to serve in the U.S. military and therefore did not allow or require women or any other person that identified with a gender aside from male to be required or allowed to register with the Selective Service System ...

**The U.S. military proudly includes individuals identifying with any gender**, including those that identify as being agendered, into service in the defense of our nation, and whereby The American Legion believes that service is both an obligation of citizenship and a privilege ...

**The United States would be well-served in any future conflict that would require military conscription** to have a full and complete roster of Americans, regardless of gender, that are able to fight and to bring their valuable skills and perspectives in service of the nation ...

**There has been a long-standing sentiment of fairness** that if any American should be subject to the draft, then all Americans should be subject to the draft in order to embody the trust and unity that this nation belongs to, and must be defended by, all Americans ...

### Be it resolved ...

The American Legion urges Congress to revise the Selective Service System to require all Americans 18 to 25 to be registered for service in the case of military conscription.

**Passed**, American Legion National Convention, Aug. 30-Sept. 1, 2022



*North Adams Post 125 Commander Mitchell Keil and his family celebrate the end of a 33-hour, 100-mile relay to Post 414 in Sutton, Mass.*

Photo by Clay Lomneth

## What's next for 100 Miles for Hope

Having wrapped a successful third year, the American Legion 100 Miles for Hope fitness and wellness challenge will return with a new look.

"Each year we have fine-tuned the program based on the changing needs of participants," says American Legion National Commander Vincent J. "Jim" Troiola. "For 2023, we have some fun challenges we're considering and ways to improve upon some things."

Proposed changes include a leaderboard sortable by activity, monthly challenges for participants and more. As in years past, registrations and donations will fund the American Legion Veterans & Children Foundation, which supports disabled veterans and military families.

In 2022, the top fundraiser was Chris Yates of Alvin Myo Dunn Post 365 in Vista, Calif. He edged out Mitchell Keil of American Legion Post 125 in North Adams, Mass., and Lisa Iskric of American Legion Auxiliary Unit 420 in Steelton, Pa.

The winners of the 2022 Department Breakout Challenge were:

- Division 1: Pennsylvania
- Division 2: California (most overall donations)
- Division 3: Michigan
- Division 4: Massachusetts
- Division 5: New Hampshire
- Division 6: Alaska

Winning departments will receive a plaque.

Among law enforcement agencies that competed in their own challenges, the Los Angeles County Sheriff's Department won, followed closely by the Ozaukee County (Wis.) Sheriff's Office.

– Henry Howard

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# Tango Alpha Lima

## Miss these podcast episodes?

Through the first nine months of 2022, these are the most popular American Legion Tango Alpha Lima episodes:

1. **Ashley Gutermuth**, a military spouse and stand-up comedian, talks clean comedy and winning the "Seinfeld Challenge."
2. **Amy Forsythe**, a Marine combat veteran, discusses a case of stolen valor in which she caught a woman posing as a Bronze Star recipient collecting money for cancer.
3. The hosts chat with **Student Veterans of America founder and CEO Jared Lyon**, an American Legion member, at the SVA national conference.
4. **Former Green Beret Michael "Rod" Rodriguez** gives an update on the Global War on Terrorism Memorial.
5. **American Legion National Legislative Director Lawrence Montreuil** outlines the Legion's legislative priorities for the year.

These are just five of nearly 150 Tango Alpha Lima episodes. New episodes are released by 9 a.m. Tuesdays. Download any episode on Apple iTunes, Google Play and other podcast-hosting sites. Video versions are available at the Legion's YouTube channel, [youtube.com/c/americanlegionHQ](https://youtube.com/c/americanlegionHQ).



### 1,531

American Legion posts that reported conducting Get Out the Vote programs during the 2021 membership year. Learn more about the initiative at [legion.org/vote](https://legion.org/vote).



## SL-1 Memorial, Arco, Idaho

On Jan. 3, 1961, two soldiers and a sailor died as a result of the Stationary Low Power Reactor 1 (SL-1) accident. More than 60 years later, there is finally a place to honor and remember the sacrifice of Richard Legg, John Byrnes and Richard McKinley. The SL-1 Memorial is at the Experimental Breeder Reactor-1 (EBR-1) National Historic Landmark near Arco, Idaho, fewer than 10 miles from where they died.

When I was a student at the Naval Reactors Facility (NRF) in Idaho, twice a day our bus ride took us past the turnoff from U.S. 20 to the old SL-1 site. I always wondered why there was no marker or memorial.

I started up my first reactor at NRF a few days before my 20th birthday, and went on to operate a nuclear reactor aboard a ballistic missile submarine. One of my jobs aboard the sub was to calculate the estimated critical position (ECP) of the control rods when the reactor went critical during a startup. Because of the lessons I learned from SL-1, I took that job seriously. Whenever I performed an ECP, I did it three times, for Legg, Byrnes and McKinley.

In 2018, I toured the Idaho National Laboratory, and our bus took us past that same turnoff where SL-1 once stood. I was saddened to see there was still nothing to remind us what took place beyond that locked gate. After the tour, I emailed the Department of Energy secretary asking why there was no SL-1 memorial. Within a few months, I got a reply saying a decision had been made to memorialize the three men. It was installed before Memorial Day 2022.

*Submitted by Joe Tokarz,  
American Legion Post 33, Ottawa, Ill.*

The American Legion maintains an online database of war and military monuments and memorials worldwide, with submissions from the Legion Family and the public. Explore the database, and submit your entries, at [legion.org/memorials](https://legion.org/memorials).



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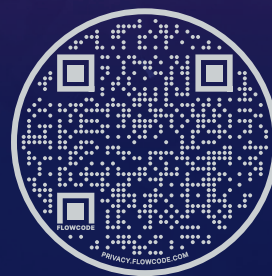
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## Try these healthy Thanksgiving swaps

Thanksgiving is a time to celebrate with family and friends and enjoy an array of our favorite foods. For those looking to incorporate healthy options into their feast, here are some ideas that don't skimp on taste or tradition:

**Turkey** Turkey is a fairly lean meat, especially the white variation. Packed with vitamins, a 3-ounce serving has 135 calories, 3.25 grams of fat and 24.7 grams of protein. Add to its nutritional value by stuffing it with quartered onions, apples, citrus fruit, garlic and herbs such as tarragon, sage, thyme and rosemary. If you can't fit it all inside the bird, just roast what doesn't fit along with some chicken stock. This also gives you a head start on gravy.

**Gravy** After the turkey is roasted, sort out the onion, fruit, herbs or giblets and slowly add a mix of water and cornstarch while stirring with a whisk while it simmers. Remember, it will thicken as it cools, so add more chicken stock if it gets too thick.

**Mashed potatoes** It's not necessary to pile on tons of butter and cream. The key is to add milk slowly while you whip. I recommend an electric hand mixer for the fluffiest potatoes. If you add too much milk too quickly, you'll end up with soupy potatoes. You can also use nonfat or plant-based milks.

**Sweet potatoes** Instead of decadent sweet potato pie, slice sweet potatoes or yams into silver dollars and bake until soft and brown.

Sprinkle some cinnamon and/or pumpkin pie spice for a sweet finish. A cup of plain sweet potato chunks is 114 calories with almost no fat, zero cholesterol, 4 grams of fiber and 27 grams of carbohydrates.

**Green beans** Pick a simple version of green bean almondine over the high fat and calorie green bean casserole. It's a classic

A typical Thanksgiving meal contains between **2,500** and **3,000** calories. To burn off the calories from just one slice of pecan pie with cream, you'll need to walk **5.5 miles**.



Media Bakery

French recipe that you can boost with sautéed shallots, garlic, freshly grated lemon zest and lemon juice. One serving is 100 calories, 9 grams of carbs, 7 grams of fat and 4 grams of protein.

**Cranberry sauce** I love cranberry sauce, but it's loaded with sugar. Add a couple of bunches of red grapes to your sauce with some orange zest and fresh thyme. Instead of sugar, use erythritol or monk fruit sweetener, which are all-natural, zero-calorie sugar substitutes. As a bonus, spread leftover chilled cranberry sauce on sourdough toast for breakfast or a snack.

**Pie** If you're from the South and can't live without your pecan pie, I get it. But if you want to save calories, stick to pumpkin pie. Pecan pie is heavy on fat and sugar. The average slice contains 62 grams of carbs, 25 grams of fat and a whopping 490 calories. By comparison, pumpkin pie slices have 46 grams of carbs, 13 grams of fat and 323 calories.

*Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is commander of the California American Legion's 24th District.*

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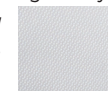
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# Healthy eating with diabetes

BY MARK FUERST

Diabetes is a disease that occurs when a person's blood glucose (blood sugar) is too high. Blood glucose is the body's main source of energy and comes from food consumed.

About 37.3 million people in the United States have diabetes, according to the the latest CDC National Diabetes Statistics Report. That includes nearly 25% of veterans enrolled at VA; they are at a higher risk due to exposure to herbicides such as Agent Orange, past physical strain due to chronic pain and degenerative joint damage.

Veterans can take charge of their health and adopt healthy living practices to reduce their risk for diabetes-related complications. VA's "Understand Your Diabetes Numbers" campaign highlights the importance of understanding certain numbers to help you manage diabetes. Checking blood sugar, monitoring A1C levels, knowing blood sugar targets, recognizing low blood sugar and counting carbohydrates are some of the numbers veterans with diabetes should know.

Healthy eating can help a person manage diabetes. VA's Nutrition and Food Services (**nutrition.va.gov**) offers these recommendations:

- *Eat three times a day at the same time and about the same amount, four to five hours apart.*



Media Bakery

- **Limit sugar and sweets, such as candy, desserts, pastries and jelly.** Drink water, sugar-free beverages and unsweetened tea.
- **Control your intake of carbohydrates.** A VA dietitian can help you figure out the amount of carbohydrates for each meal. Healthy sources of carbohydrates include whole fruit, starchy vegetables (corn, peas, potatoes, sweet potatoes), milk and yogurt, and beans and legumes.
- **Avoid or severely limit "not so healthy" carbohydrate foods, including desserts, candy, ice cream, doughnuts, cookies, and refined and highly processed foods.** Liquids that contain carbohydrates can raise glucose levels very quickly, such as sodas, fruit juice, milk, sweet tea, energy drinks, coffee drinks, sports drinks and some flavored waters.
- **Reduce your intake of high-fat foods to lower your weight and cholesterol levels.** High-fat foods include fried food, bacon, sausage, cold cuts, sour cream, cheese, egg yolks, stick margarine, butter and whole milk.

Mark L. Fuerst is a Brooklyn-based health and fitness writer.



Pixabay

## Hug it out

According to research released by UC-Berkeley, when someone hugs us the stimulation of receptors in our skin leads to "a cascade of neurochemical signals," including release of the hormone oxytocin, which slows down heart rate, reduces stress and lowers anxiety levels.

In addition, hugs can help lower blood pressure, increase production of immune-boosting white blood cells, enhance focus and increase self-confidence. Along with a healthy amount of sleep, good nutrition and proper breathing techniques, hugs are like nature's "performance-enhancing drugs," according to the report, allowing people to function at high levels of output.

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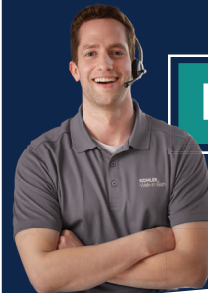
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# A way to say thanks



Cottonwood trees in Lamar Valley, Yellowstone National Park Photo courtesy National Park Service

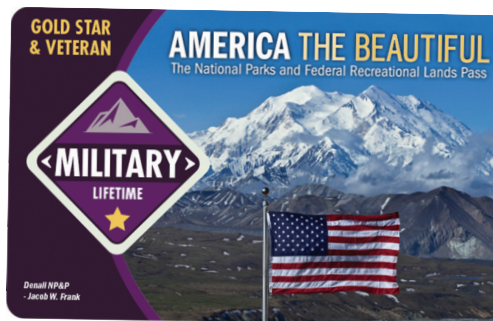
## New lifetime pass for veterans provides free entrance to national parks.

BY CHUCK SAMs

A new, free lifetime pass to more than 2,000 federal recreation areas, including all national parks, is now available for veterans of the U.S. armed services and Gold Star Families. I'm proud that we're able to offer this pass to convey our immense gratitude and respect for those who have selflessly served and defended our country.

As a fellow veteran (Go Navy!) who served in Operation Desert Storm, I know firsthand the sacrifices veterans and their families make. I also know that the healing power of nature can clear the mind and refresh the spirit. I invite all veterans and military families to experience the multitude of opportunities for relaxation, recreation, inspiration and education waiting for you in our country's 400-plus national parks.

Current members of the U.S. military and their dependents are eligible for free annual passes. Both the annual military and lifetime veterans passes provide free access to national parks, forests, wildlife refuges and other federal lands, making it easier to enjoy the magnificent landscapes and iconic sites that have inspired communal pride and patriotism through the



years. You can get the passes at national parks that charge an entrance fee.

National parks and the military have strong ties, going back to the establishment of Yellowstone as the world's first national park in 1872. The U.S. Cavalry protected

national parks and served as the first park rangers until the National Park Service was created in 1916. During World War II, many parks were set aside for the training and care of military personnel. Today, there are more than 100 national parks with direct connections to the U.S. military, including frontier forts, battlefields, national cemeteries and memorials.

Visit [nps.gov](https://www.nps.gov) for more information about the passes and to help plan your next trip. With at least one national park in every state, they are often closer than people realize. An interactive map on the website highlights national parks located near Department of Defense and VA facilities throughout the country.

Thank you for your service. I look forward to seeing you in the parks. 🌿

*Chuck Sams is director of the National Park Service.*



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## *Despite historical precedent, holding Russia – and Vladimir Putin – accountable for war crimes in Ukraine won't be easy.*

BY MICHAEL S. BRYANT

**A**lmost from the beginning of Russia's invasion of Ukraine on Feb. 24, news reports on the deadly advance have been freighted with allegations of war crimes. Missile attacks on apartment buildings, hospitals, stores, churches, schools and cultural sites, the use of cluster bombs, the apparent murders of civilians, mass rapes and the invasion itself have provoked calls for criminal accountability.

Responding to international outrage, the prosecutor at the International Criminal Court (ICC) in The Hague, Karim Khan, began an investigation of alleged war crimes shortly after the invasion. He has personally visited Poland and Ukraine, searching for evidence of both Russian and Ukrainian abuses. In July, news sources reported that the ICC was preparing its first case against an accused Russian war criminal. The trial could start as early as late 2022 or early 2023.

Other bodies have conducted probes of alleged atrocities, including an investigation by the Organization for Security and Cooperation in Europe (OSCE). In March, OSCE investigators issued a report summarizing their findings, in which they affirmed "clear patterns" of war crimes by Russian troops. The report also said Ukrainian soldiers had committed war crimes, particularly against Russian POWs, but added that "violations by the Russian Federation ... are by far larger in nature and scale." The March OSCE report was followed by a second in July, confirming that Russian forces had committed crimes against humanity in Ukraine. A focus of the July report was the discovery of torture chambers at a summer camp in Bucha.

Reports of 300 civilian executions by Russian troops had flowed into the U.N. Human Rights Office by late April. At the same time, well-sourced accusations had surfaced of sexual



Crosses, floral tributes and photographs of the victims of the fighting in Kyiv's suburbs mark more than 250 graves in a cemetery in the Ukrainian town of Irpin. Getty

## Ancient times

The waging of war at no time has been a free-for-all. Cultures have always embedded it in a larger framework that conditioned when war could be legitimately declared and how it would be legitimately waged. In defeating enemy armies, pharaohs imitated the sun god Re's victory over night and preserved order from world-destroying chaos. Like other ancient peoples, the Egyptians believed war had to be sanctioned by the gods; hence, the pharaohs visited cult centers like the Temple at Karnak before military campaigns, seeking divine approval to fight.

During the Zhou Dynasty (1046-256 B.C.E.), Chinese armies waged war only after oracles were consulted, a war prayer recited and a ceremonial command issued. Similar patterns are observable among the Mesopotamians, Greeks, and Romans, and in the New World among the Maya, Aztecs, Incas, and North American Indian tribes.



The Temple of Karnak  
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## Post-Nuremberg international trials of war crimes, other offenses

**Jean Kambanda, former prime minister of Rwanda, by the International Criminal Tribunal for Rwanda (1998)**

**Charges:** Genocide, crimes against humanity

**Verdict:** Sentenced to life in prison

**Significance:** Kambanda's conviction upheld Nuremberg's insistence on the criminal responsibility of political leaders for international crimes. He was the first head of state to be convicted of genocide as defined by the U.N. Convention on Genocide.

**Dusko Tadic, Bosnian Serb leader, by the International Criminal Tribunal for Yugoslavia (1997)**

**Charges:** Crimes against humanity, war crimes

**Verdict:** Tadic was

convicted and

sentenced to multiple years in prison. He

appealed, arguing that violating international law during an internal conflict did not support his ongoing prosecution for war crimes.

**Significance:** The Tadic appellate decision stands for the proposition that actions deemed war crimes during international conflicts would also be considered war crimes if committed during internal conflicts.

**Jean-Paul Akayesu, former mayor of the Taba commune, by the ICTR (1998)**

**Charges:** War crimes, crimes against humanity, genocide

**Verdict:** Akayesu was acquitted of war crimes (because his actions were not sufficiently connected to the Rwandan civil war), but convicted of crimes against humanity and genocide. He was sentenced to life in prison.

**Significance:** The Akayesu prosecution established that sexual violence could be a crime against humanity or even genocide under international law. In addition, Akayesu was the first person to be convicted and punished under the 1948 Genocide Convention.



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In late August, Ukrainian information sources reported that Russian troops had committed in excess of 29,000 war crimes and crimes of aggression. By contrast, War Crimes Watch Ukraine – a collaboration of PBS’ “Frontline” and The Associated Press – recently cited a far smaller figure of 425 documented incidents involving potential war crimes. The fog of war may explain the wide variance in the estimated numbers.

The High Middle Ages were fertile soil for the growth of limitations on warfare. Church councils declared that knights were responsible for protecting not just the church but also women, merchants and civilians generally. The Second Lateran Council in 1139 banned the crossbow and ballista, the “weapons of mass destruction” of their day, because these armor-piercing instruments were considered too violent. By the 1300s, a body of customary law regulated the behavior of knights in peace and in wartime. Formal military courts of chivalry tried cases of alleged violations.

A medieval manuscript illustration of a king seated on a throne. The king is depicted with a fair complexion, a mustache, and a crown. He wears a green and gold robe with red floral patterns. He holds a model of a church with a blue roof and red walls. The background is a solid red color. The king is seated on a throne with a green and gold patterned base. The overall style is characteristic of a medieval manuscript illumination.

[illegible]

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**Charge:** War crimes

**Significance:** The Delalic verdict stands for two crucial principles in international criminal law: (1) rape is a form of torture under international law, and (2) command authority extends not only to military but also to civilian leaders.

**Charges:** War crimes, genocide, crimes against humanity

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The furor over claims of atrocities in Ukraine invites reflection on how the idea of criminal responsibility in warfare came into being, as well as the prospects for achieving justice for crimes by Russian forces. It must be conceded at the outset that Vladimir Putin's prosecution for war crimes appears highly unlikely. Rarely in history have the heads of powerful states been prosecuted for international crimes. Putin's position at the center of a nuclear state would seem to be unassailable.

Recall, however, that humans have always imposed limitations on how and when war may be waged. Furthermore, the 20th and now 21st centuries have been distinguished by their insistence that heads of state and their accomplices should face retribution for wartime violations. To understand how the world community arrived at this extraordinary breakthrough in international justice, some consideration of the path we have trodden might be helpful.

Since the end of World War II, war crimes have become generally recognized as criminal offenses under international law. Their criminality may today appear self-evident and uncontroversial, but this wasn't always the case. Neither the Hague nor Geneva Conventions prior to 1949 contained penal provisions. This is the watershed significance of war crimes trials carried out against German and Japanese perpetrators: for the first time, courts affirmed that wartime atrocities incurred international criminal liability. The Geneva Conventions of 1949 condemned violations of the law of war as "grave breaches," including inhumane acts like "willful" killing and torture. Today, grave breaches are accepted as war crimes prosecutable under international law.

The Preamble to the Rome Statute, which created the ICC in 1998, describes as one of the ICC's aims the punishment of "shocking" crimes that threaten global peace. Such language can only bring to painful mind the war raging today in Ukraine.

**• Can or will Russian atrocities be punished under international law?** Political leaders across the world, among them President Biden, are demanding that Russia's actions be



*Suffering caused by the Battle of Solferino (1859) led to the Geneva Convention of 1864 and the birth of the Red Cross.* Wikimedia Commons

## The 18th and 19th centuries

The transition from dynastic wars fought between professional armies to nations assembling armies from their entire adult population marked an important step toward larger and more violent warfare. Refinements in technology, particularly in ballistics, synergized with the nation-at-arms model to raise warfare to new heights of deadliness. The conventions written between the 1850s and World War I might be seen as exertions to rein in the appalling bloodshed and suffering that modern war now produced.

For the first time, nations signed conventions explicitly aiming to reduce the suffering of warfare. The First Geneva Convention of 1864 and creation of the Red Cross, the Hague Conventions of 1899 and 1907, the Geneva Conventions of 1929 and 1949, and the anti-chemical weaponry conventions of the 1920s were responses to catastrophic wars.

investigated and, where supported, criminally punished. The obstacles to prosecution are formidable. Legal analysts bemoan Russia's catbird seat on the U.N. Security Council, from which it can veto any attempt to create a Nuremberg-style ad hoc court to prosecute Russian crimes in Ukraine.

Because neither Russia nor Ukraine were signatories to the ICC, the Rome Statute does not allow prosecution of crimes against peace for the invasion of Ukraine. Crimes against



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humanity, war crimes and genocide, on the other hand, might yet be prosecuted there. Moreover, because these acts confer universal jurisdiction, any signatory to the Geneva Conventions or Genocide Convention is legally authorized to prosecute suspected Russian war criminals in their domestic courts. This has already happened to a Russian tank commander charged with and convicted of a war crime by a Ukrainian domestic court in May.

• **If Putin has committed the crime of aggression (a crime against peace), where could he be tried and what is the likelihood of his prosecution?** The venues for a trial of Putin for aggression are multiple. The ICC has jurisdiction over the crime of aggression, but because neither Russia nor Ukraine are signatories to the Rome Statute, the ICC would have no jurisdiction over the invasion. While the Security Council might in theory request an investigation by the ICC into aggression, Russia could veto any such resolution as a permanent member of the Security Council.

• **Might Putin be tried in an ad hoc court like Nuremberg, the International Criminal Tribunal for Yugoslavia or the International Criminal Tribunal for Rwanda?** The answer is a theoretical “yes.” Again, however, closer inspection reveals the daunting problems of trying Putin for the crime of aggression in a modern-day Nuremberg. Efforts to create such a

court could arise only from the United Nations, where both Russia and China could veto them.

• **What about prosecuting Putin in a domestic court under the principle of universal jurisdiction?** This is a real possibility. Numerous European countries are investigating Russian war crimes in Ukraine. In theory, their courts, as well as the court system of Ukraine, might prosecute Putin, Russian foreign minister Sergey Lavrov and other Russian officials for aggression if they were able to obtain personal jurisdiction over them. However, the international principle of sovereign immunity would likely shield Putin from prosecution in a national domestic court. Sovereign immunity, however, would not prevent domestic courts from prosecuting lower-ranking members of the government involved in supporting the illegal invasion.

Ukraine is currently pursuing a case of aggression against Russia at the International Court of Justice (ICJ). In mid-March, the ICJ ordered Russia to desist from further military action in Ukraine, a demand that Russia ignored. A similar verdict was issued by the European Court of Human Rights (ECtHR), demanding an end to attacks on civilian targets and the creation of humanitarian corridors. Russia ignored this judgment, too.

The bottom line is that neither court would be adequate to prosecute Russian leaders for

## World War I

The actions of the German military during World War I were so extreme that Allied nations clamored for criminal punishment. Excesses included the invasion and occupation of neutral Belgium (which violated both the Hague Convention and an 1839 treaty), the killing of thousands of Belgian civilians and destruction of cultural landmarks, and the deployment of poisonous gas (banned by the 1899 Hague Declaration on Asphyxiating Gases).

Provisos were inserted into the Treaty of Versailles to try the Kaiser – not for war crimes (a term not used at this time), but for a “supreme offence against international morality.” He fled to the Netherlands, which refused extradition. Fearful that prosecution of German soldiers would weaken the new Weimar Republic, the Allies left it to the German Reich Supreme Court in Leipzig to try them, with predictable results. Few if any of the offenders were punished.



*German execution of leading citizens from the Belgian city of Blegny (1914)* Wikimedia Commons

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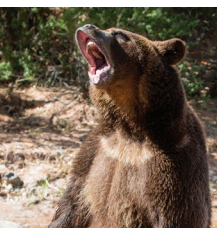
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It was a perfect late autumn day in the northern Rockies. Not a cloud in the sky, and just enough cool in the air to stir up nostalgic memories of my trip into the backwoods. This year, though, was different. I was going it solo. My two buddies, pleading work responsibilities, backed out at the last minute. So, armed with my trusty knife, I set out for adventure.

Well, what I found was a whole lot of trouble. As in 8 feet and 800-pounds of trouble in the form of a grizzly bear. Seems this grumpy fella was out looking for some adventure too. Mr. Grizzly saw me, stood up to his entire 8 feet of ferocity and let out a roar that made my blood turn to ice and my hair stand up. Unsnapping my leather sheath, I felt for my hefty, trusty knife and felt emboldened. I then showed the massive grizzly over 6 inches of 420 surgical grade stainless steel, raised my hands and yelled, "Whoa bear! Whoa bear!" I must have made my point, as he gave me an almost admiring grunt before turning tail and heading back into the woods.

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I was pretty shaken, but otherwise fine. Once the adrenaline high subsided, I decided I had some work to do back home too. That was more than enough adventure for one day.

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aggression. The ECtHR might order Russia to pay reparations for its invasion of Ukraine, but Russia would assuredly refuse. The only retaliation the ECtHR could pursue is excluding Russia from the Council of Europe, a body Russia left in March.

• **Could Putin and/or Russia be tried for the crime of aggression?** Prospects for trying Putin for aggression look improbable. This of course could change if Russia loses the war and/or Putin is ousted from power, then extradited to a court willing to try him. Absent such an event, the best bet for prosecuting Putin for aggression would be creation of an ad hoc tribunal, which could occur only if Russia's veto power could be avoided.

The brightest prospects for successful prosecution of Russian crimes in Ukraine relate to war crimes rather than the crime of aggression. Prosecuting Russian military and political figures for war crimes might be pursued at the ICC, in domestic courts or at an ad hoc tribunal.

• **Has Russia committed war crimes in Ukraine?** This would certainly appear to be the case. The three principles of criminal liability in wartime are military necessity (directing that only military targets be attacked), proportionality (requiring that no more force than necessary be used to achieve a military objective), and humanity (the imperative of seeking to minimize suffering and the destruction of civilian life and property). The indiscriminate destruction of civilian homes, firing on civilians as they flee through prearranged humanitarian corridors, targeting hospitals, blocking access to humanitarian aid and executing non-combatants all violate one or more of these three principles.

• **What would prosecutors have to prove to prosecute successfully Russian war crimes in Ukraine?** Prosecutors would have to demonstrate that the actions were intentional. Further, they would have to refute possible defenses raised by Russian defendants that the civilians were in fact combatants, mobilized in a general levee en masse by the Ukrainian government. Such a defense, if accepted, would render attacks on civilians who become



*Defendants in the dock at Nuremberg*

United States Holocaust Memorial Museum

## World War II

The mass murder and genocide unleashed during World War II convinced the victors that a judicial reckoning was necessary. The Nuremberg International Tribunal and its sister court in Asia, the International Military Tribunal for the Far East, were the first to try accused war criminals on the principle of individual responsibility for violating international law. Both declared that political and military leaders involved in planning or ordering war crimes were criminally responsible under international law.

The legal basis of the Nuremberg tribunal was the London Charter, produced in August 1945 by representatives of the United States, Great Britain, France and the USSR. Article 6 set forth the charges: crimes against peace, war crimes, crimes against humanity, conspiracy and membership in a criminal organization (Article 9). While crimes against humanity, crimes against peace, conspiracy and membership in a criminal organization were novel charges in international law, the war crimes charge recited widely accepted elements of the traditional law of war. These had to do with the use of slave labor, murders and ill-treatment of POWs, plunder and gratuitous destruction of civilian buildings – all banned by the Geneva and Hague Conventions.

Also novel was the Allies' willingness to declare these acts criminally punishable under international law. For the first time, the former leaders of two of the world's most powerful states – Nazi Germany and Imperial Japan – were prosecuted for their wartime actions.



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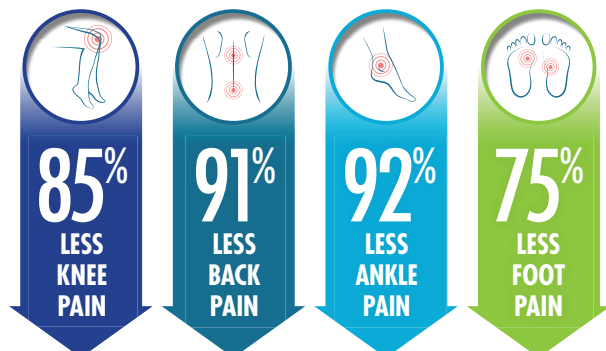
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combatants potentially legal under international law, as it would the bombing of civilian targets used to attack Russian forces.

• **Could Putin be prosecuted successfully for war crimes?** To prove war crimes against top figures like Putin, a prosecutor would have to show that they either ordered the illegal action themselves or failed to prevent or suppress the crimes committed by their subordinates. Clearly, this would be easier to prove against a military commander in the field than against a head of state far removed from the crime scene like Putin, sitting in his office in Moscow.

The ICC would be the most favorable venue for adjudicating war crimes committed in Ukraine. Because Ukraine accepted the ICC's jurisdiction over crimes committed on its territory since November 2013, the court would have jurisdiction over war crimes that it lacks over crimes against peace. Similarly, domestic courts might exercise jurisdiction over war crimes committed by military members in the field and lower echelons of the Russian government, but sovereign immunity would likely block Putin's prosecution for such offenses.

Establishing an ad hoc, Nuremberg-style tribunal for Russian war crimes would also be advantageous, yet the prospects for it seem quite unlikely. Even if a veto from the Security Council could be averted, Russia would likely refuse to deliver up its political and military leadership for prosecution. Only the lowest-level perpetrators at the bottom of the chain of command would then be prosecuted.

A judicial confrontation that is satisfactory, one shaded to the mood of the times, requires a proceeding that deals with the "major war criminals" – namely, Putin, Lavrov and the upper levels of the Russian government. Unless Putin is overthrown, none of this seems likely.

Tempered hope is not despair, however, and the world community might best do what it has been doing the past several months: gathering evidence of Russian crimes and holding it in reserve for the day, should it arrive, when the wheel of fortune turns and Putin and his enablers become vulnerable to international justice. 🌿

*Michael S. Bryant is author of "A World History of War Crimes: From Antiquity to the Present" (Bloomsbury).*

## Postwar developments in the law of war

After the Nuremberg and Tokyo tribunals adjourned, no ad hoc international criminal tribunal was formed until the 1990s. At this time, the familiar cycle of catastrophic wars producing legal institutions was again played out. The Balkan wars had begotten the International Criminal Tribunal for Yugoslavia by 1993, while the Rwandan genocide produced a comparable body in 1994. Both have produced seminal judgments in international criminal law.

In 1998, the United Nations created, for the first time, a permanent international criminal court. Its charter, the Rome Statute, was modeled on the London Charter that created the Nuremberg tribunal in 1945. Therein we encounter the familiar charges of crimes against peace (Article 5), war crimes (Article 8) and crimes against humanity (Article 7), as well as genocide (Article 6).



*Headquarters of the International Criminal Court, The Hague, Netherlands* Wikimedia Commons

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# 'This was their week



# AT LAST'

TOP RIGHT: American Legion members Larry Besson, Joe Frank Jr., Doug Henley, Tom Kouyeas, John Maddox, Ed Pendarvis, Dyke Shannon, Pat Smith, Dewey Spencer and Bruce Thiesen, right to left, break ground for the Vietnam Veterans Memorial on March 26, 1982. American Legion archives

BOTTOM LEFT: Veterans participate in a wreath-laying ceremony on Veterans Day 2018. Photo by Alex Wroblewski

*For four decades, the Wall has done what it was designed to do.*

**F**orty years ago this month, the Vietnam Veterans Memorial was formally dedicated after a long process of arguments and compromises that illustrated how a complicated war can spill over into its remembrance. But the priority for The American Legion was the veterans of the war and helping bring about the catharsis they – and the nation – needed.

Maya Lin's design was the choice of the appointed panel, but many were critical of the decision and plans stalled. As the largest single contributor to the memorial with \$1.17 million raised, the Legion supported the design and

launched a letter-writing campaign and met with top national authorities to advance it.

The dedication came after more than 15,000 Vietnam veterans marched down Constitution Avenue. The American Legion News Service reported that "teary-eyed well-wishers shouted 'God bless you, God bless America' from the sidelines. The American Legion was very visibly represented, with blue caps in every contingent and department colors in most. Disabled Vietnam vet (and future National Commander) Joe Frank Jr. of St. Louis represented the Legion on the veterans organization float." 🌿

*"Wolfman Jack, the well-known, gravel-voiced disc jockey of the 1950s and 1960s, was there along with a handful of ... Medal of Honor (recipients), one of whom had a metal hook where his left arm had been. (They) grabbed the mike between songs and shouted to the vets that they were heroes, that this was their week at last, and they responded with shouts and cheers."*

**The Washington Post**, reporting on the Legion's pre-dedication event for Vietnam veterans

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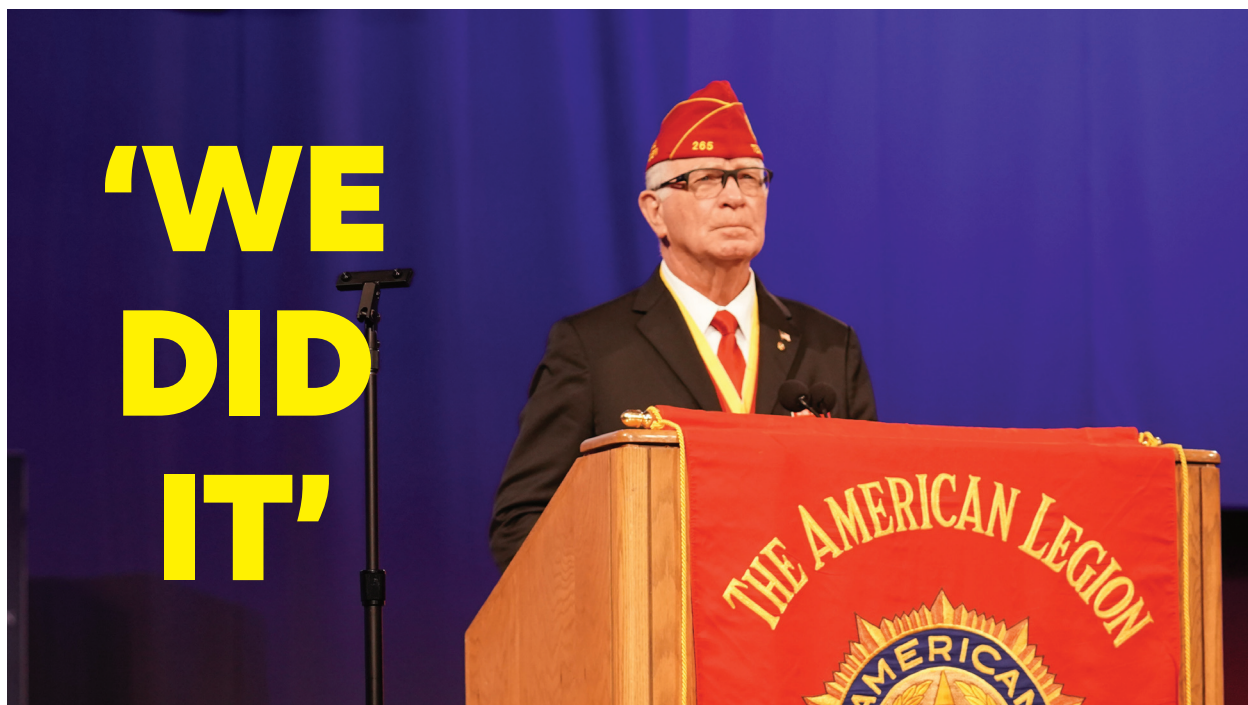
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National Commander Paul E. Dillard addresses the 103rd American Legion National Convention at the Milwaukee Center on Aug. 30. Photo by Hilary Ott

## ***National Commander Paul E. Dillard applauds Legion Family for PACT Act advocacy, other wins.***

Reflecting on his year as American Legion national commander, Paul E. Dillard of Texas told delegates to the 103rd National Convention in Milwaukee that passage of the PACT Act was a huge accomplishment for the Legion Family.

"We did it," Dillard said. "You did it. The American Legion Auxiliary did it. The Sons of The American Legion did it. Thanks to your congressional visits, letters, phone calls, emails and hard work, the Sergeant First Class Heath Robinson Promise to Address Comprehensive Toxins Act of 2022 is now law. It would not have passed Congress without you.

"Now, an estimated 3.5 million veterans exposed to burn pits can get the benefits they deserve. The same goes for those exposed to Agent Orange, radiation, and other poisons. When I ran for national commander, I did so on the platform of 'No Veteran Left Behind.' The PACT Act will ensure that millions will not be."

Dillard pointed to other victories, too. In *Texas v. Torres*, the Supreme Court ruled that a former

state trooper had the right to sue his state after it refused to rehire and accommodate him due to health conditions connected to his military service.

"The ruling was a perfect response to (the Legion's) Resolution 85, passed at our Reno convention in 2017, which calls for the strengthening of re-employment rights for Guard and reserve members returning from deployment," Dillard said. "It is another example of our American Legion delegates being ahead of our public policymakers."

Dillard asked Legionnaires to continue to push the Legion's Be the One veteran suicide-prevention initiative, pointing to a letter to *The American Legion Magazine* from a Florida Legionnaire who survived a suicide attempt after learning he was about to be homeless due to undiagnosed PTSD.

"Most days I am grateful I survived," the veteran wrote. "Thanks to VA treatment, I was able to reconstruct my life."

Stories like these are why the Legion calls on posts and members to do Buddy Checks, Dillard said. “Very few of us are professional therapists, but we do know how to listen and ensure that veterans in crisis get to VA or other qualified counselors.”

On membership, Dillard said that recruiting and signing up new members is just the first step, encouraging others to make them feel welcome. “Attend a couple of post meetings with those new members. Sit next to them. Don’t just call them when it’s time to collect dues. If they feel like family, they will stay in the family.”

Dillard said he’s seen a lot of love for the Legion – support for its INDYCAR and youth programs, at D-Day observances in France, and gratitude from veterans assisted by American Legion service officers.

“We need to do a better job codifying that love into membership,” Dillard said. “Even people who are not eligible are usually close to someone who is. And with the LEGION Act, millions of people are eligible to be members of the American Legion Family.”

To live up to its motto, “Veterans Strengthening America,” the organization must grow its ranks.

“A larger American Legion is a stronger American Legion,” Dillard said, “and a stronger American Legion means a stronger America.”

– Steven B. Brooks

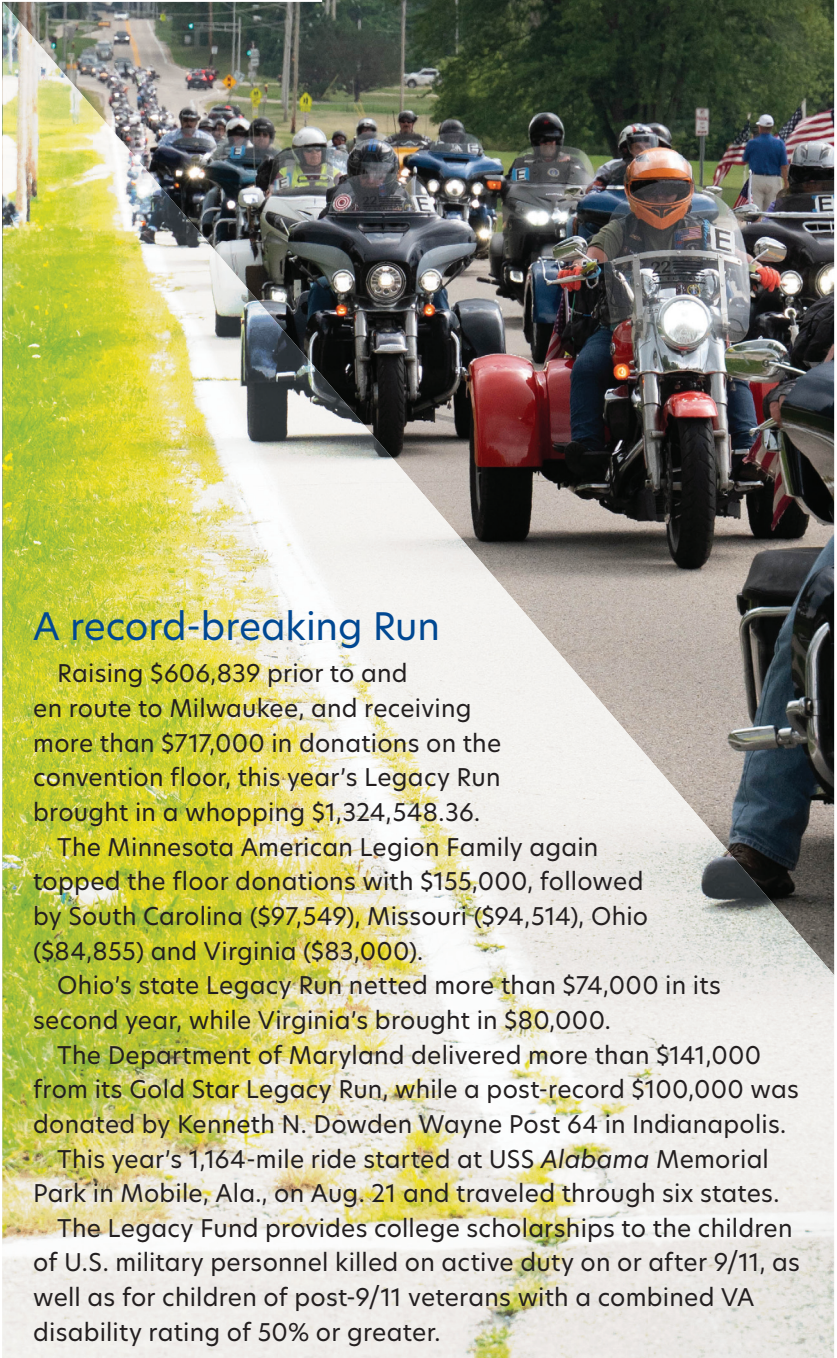


*“Now or never, right?”*

**Kathy Daudistel**, the first American Legion Auxiliary national president to ride her own motorcycle in the Legacy Run

**\$16 million**

Funds raised by the Legacy Run since 2006



## A record-breaking Run

Raising \$606,839 prior to and en route to Milwaukee, and receiving more than \$717,000 in donations on the convention floor, this year’s Legacy Run brought in a whopping \$1,324,548.36.

The Minnesota American Legion Family again topped the floor donations with \$155,000, followed by South Carolina (\$97,549), Missouri (\$94,514), Ohio (\$84,855) and Virginia (\$83,000).

Ohio’s state Legacy Run netted more than \$74,000 in its second year, while Virginia’s brought in \$80,000.

The Department of Maryland delivered more than \$141,000 from its Gold Star Legacy Run, while a post-record \$100,000 was donated by Kenneth N. Dowden Wayne Post 64 in Indianapolis.

This year’s 1,164-mile ride started at USS *Alabama* Memorial Park in Mobile, Ala., on Aug. 21 and traveled through six states.

The Legacy Fund provides college scholarships to the children of U.S. military personnel killed on active duty on or after 9/11, as well as for children of post-9/11 veterans with a combined VA disability rating of 50% or greater.



Photo by Hilary Ott

*"It's an honor to be a part of something so meaningful, and we're doing the best we can each and every day to represent the Legion and help move this cause forward."*

**Jimmie Johnson**, driver of the No. 48 Carvana/American Legion Honda, on the organization's Be the One veteran suicide prevention initiative. During a fireside chat, Johnson and his wife, Chandra, pledged \$1.5 million to the Legion. In addition, he and INDYCAR team owner Chip Ganassi were welcomed into Sons of The American Legion, eligible through family members' military service.

*"We cannot have a suicide without hopelessness ... look at how they're talking. How they're behaving. What their mood is. Those kinds of words, like, 'This is never going to get better.' 'I'm always going to feel this way.' The biggest thing is to have a conversation with somebody."*

**Alexander Silver**, military and veteran outreach chair for the American Foundation for Suicide Prevention



*"America still does not quite get that there are 3 million women who have defended this nation. We get to tell their stories individually and collectively."*

**Phyllis Wilson**, president of the Military Women's Memorial, which

documents the legacy of America's female servicemembers through an education center, interactive exhibits and more. Wilson called The American Legion and American Legion Auxiliary "fantastic friends," with donations of more than \$650,000 over three decades.

## Resolutions of the 103rd National Convention

### INTERNAL AFFAIRS

- 3** Supports designation of U.S. Highway 20 as "National Medal of Honor Highway"
- 13** Urges Congress to repeal the Rescission Act of 1946, which stripped Filipino soldiers of their status and benefits as U.S. veterans
- 62** Award for service in support of Kabul airlift

### NATIONAL SECURITY

- 23** Support legislation allowing appeals process for medical malpractice claims
- 44** Oppose government benefits for illegal immigrants
- 52** Urges reimbursement of National Guard operating funds

### VETERANS AFFAIRS & REHABILITATION

- 9** Urges legislation providing burial allowance following VA hospice care
- 31** Eligibility for care in the community following VA-cancelled appointments
- 54** Urges Congress to expand eligibility for wartime service for VA pension benefits

### VETERANS EMPLOYMENT & EDUCATION

- 15** Supports funding for medical, rehabilitative and employment assistance to homeless and at-risk veterans and their families
- 18** Supports legislation encouraging institutions of higher education eligible for GI Bill benefit utilization to spend at least 50% of gross tuition and fees on instruction expenditures
- 20** Supports tax relief for veterans, veteran small businesses and military families

Read the full text of these and other approved resolutions online:  
**[archive.legion.org](https://archive.legion.org)**

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Where Passion Becomes Art



## Award recipients

### National Color Guard Contests

#### Military - Open

Harrisburg Post 472, Houston

#### Military

Newport Harbor American Legion

Post 291, Newport Beach, Calif.

#### Advancing/Retrieving Colors

Newport Harbor American Legion

Post 291, Newport Beach, Calif.

### Band Contest

Joliet (Ill.) American Legion Band

### National Law Enforcement Officer of the Year

Col. David R. Hines, Mechanicsville, Va.

### National Firefighter of the Year

Lt. Ryan Winkler, Charlotte, Iowa

### Fourth Estate

Broadcast - "The Forgotten," a series

about Asian Americans' contributions

during World War II, KHON2-TV, Honolulu

Internet/New Media - "AWOL Weapons,"

The Associated Press

Print - "Military Suicides Take Toll on

Wisconsin National Guard," Milwaukee

Journal Sentinel

### Spirit of Service

Sgt. Katherine E. Chousa,

Army National Guard

Marine Science Technician 3rd Class

Mason C. Couch, Coast Guard

Pfc. Deanna Dixon, Army

Sgt. Christina M. Gilman, Marine Corps

Information Systems Technician

2nd Class Annie Holder, Navy

Senior Airman Ariel L. Miranda, Air Force

Spc. 4 Antonio A. Oros, Space Force

### National Recruiter of the Year

Patricia E. Liddell, Midland, Ga.

### Race to the Top

District commanders whose membership

on March 31 represented greatest

percentage increase over previous year

John T. Bettencourt, Somerset, Mass.

William Dittebrand, Willoughby, Ohio

Steven N. Ervin, Mason, Ohio

Betsy L. Law, Kettering, Ohio

Kenneth Simon, Plentywood, Mont.



*"Matthew 5, chapter 9, has a verse that is near and dear to my heart: 'Blessed are the peacemakers, for they shall be called the children of God.' I believe*

*that you are, and know in my heart that I stand in front of the world's peacemakers."*

**Hon. David P. "Phil" Roe**, former chairman of the House Committee on Veterans' Affairs, physician, Army veteran and Legionnaire, receiving the Legion's prestigious Distinguished Service Medal



*"Veterans are a cornerstone of the community and deserve recognition for everything they have done to defend our nation's freedom and to help build and sustain the fabric of cities and towns."*

**Robert Bosworth**, publisher and editor of the Quincy (Mass.) *Sun*, which received The American Legion's Patriot Award. His father, World War II Navy veteran Henry Bosworth, founded the weekly newspaper in 1968, and regularly covered veterans, the military and the Legion.



*"As a life member of The American Legion, I know this audience is filled with great Americans and great people. If you're looking for an additional way to help, be a mentor or help us find mentors."*

**Maj. Gen. Paul Knapp**, Wisconsin National Guard adjutant general, accepting the Legion's National Education Award on behalf of the National Guard Youth Challenge Program, which helps at-risk youth earn their high school diploma or GED



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## Baseball's Bob Uecker honored as 'Good Guy'

Nicknamed "Mr. Baseball" by legendary "Tonight Show" host Johnny Carson, Bob Uecker didn't get to "sit in the front row" of the American Legion Past Department Commanders' Club luncheon in Milwaukee on Aug. 29. Instead, the longtime voice of the Milwaukee Brewers and pitcher for Miller Lite sat at the head table, where he was honored with the 2022 James V. Day "Good Guy" Award.

A life member of American Legion Post 537 in Milwaukee, Uecker played Legion Baseball before serving in the Army and breaking into the major leagues as a catcher. He was inducted into the National Baseball Hall of Fame in 2003, in recognition of his broadcasting career. Known for his self-deprecating wit, he starred in the TV sitcom "Mr. Belvedere" from 1985 to 1990 and played a broadcaster in the "Major League" films.

Uecker was honored for his charitable work in support of Make-A-Wish, the Boys & Girls Clubs of America, cancer research and other causes.

### How do you feel about being named the Legion's 2022 "Good Guy"?

I think I should have gotten it a long time ago. I'm kidding .... When I saw a couple of my old friends on there who had been previous winners – Johnny Bench being one, Lou Holtz, who I've done appearances with, George Foreman, who I knew a long time ago when he was a big-time champ ... I think more than anything else, it represents military. I joined up when I was 20 and served a couple of years. Had it not been for baseball, I would have stayed in.



### Describe your time playing Legion Baseball.

The post I played for was Cudworth Post 449 .... We had a good team. We had pretty good uniforms. For the first time in my career, we were really organized. It was fun.

### How was playing baseball like the military?

It's regimented .... You get over the first eight weeks, things are going to be pretty good .... Even playing baseball in the service, where we'd go to Marine and Navy bases ... they'd start barking at you before you got off the team bus.

### Are you still asked if you're in the front row?

Oh man ... "he missed the tag," "he must be in the front row." It was always the braggadocio personality I had. I did those spots for seven years ... they were really good.

– John Raughter

Watch the full interview online: [legion.org/magazine/videos](https://legion.org/magazine/videos)



*"The American Legion is obviously a household name among not just veterans, but communities .... To have them watching our six, helping us out with things like this, it just brings huge validity to what we do."*

**Marine Corps veteran Chris Earl**, founder and CEO of Regiment Gaming, the nation's largest military and veteran gaming community. Read more about the Regiment-Legion relationship, including a collaboration at the 103rd National Convention, in the January *American Legion Magazine*.

# The Invention of the Year

## The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . ***The Zinger.***

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

*"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"*

*-Kent C., California*

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding - when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward,



Available in Green,  
Black and Blue (shown)



The Zinger folds to a mere 10 inches.

backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

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## Troiola: Let's all 'Be the One'

Vincent J. "Jim" Troiola has pledged to make the The American Legion's Be the One initiative his focus as national commander.

"My platform and No. 1 priority will be tackling veteran suicide," said Troiola, who was elected Sept. 1 in Milwaukee. "The American Legion is asking you to 'Be the One.' And by you, I mean every one of us, military and civilian alike. We all need to 'Be the One' - to begin thinking, talking and acting to save just one life."

Troiola also announced a goal of raising \$2 million for the Veterans & Children Foundation, and a continued emphasis on membership growth.

"You will see the V.E.T.S. acronym a lot this year: Veterans, Education, Teamwork and Sponsor. It's how we build a stronger, larger American Legion."

On Capitol Hill, the Legion will keep up its advocacy for citizenship through military service. "We must honor immigrants who have worn the uniform .... Those who serve honorably should receive their citizenship before leaving active duty. Veterans and spouses who have not committed serious felonies should not be deported."

Nor will the Legion forget those who assisted U.S. troops during their 20-year mission in Afghanistan, he added. "On these issues and more, we carry the burden of leadership as America's largest veterans organization and most powerful voice for veterans, national security and 100% Americanism. I ask that you join me in this fight."

- Steven B. Brooks



National Commander Vincent J. "Jim" Troiola, SAL National Commander Chris Carlton and Auxiliary President Vickie Koutz Photo by Hilary Ott



*"Veterans have waited too long for this care and these benefits already, and we're not going to make them wait any longer."*

### VA Secretary Denis McDonough,

announcing that VA will make all conditions outlined in the PACT Act presumptive from the date President Biden signed the bill into law Aug. 10. Listen to McDonough's Tango Alpha Lima podcast interview at [legion.org/tangoalphalima](https://legion.org/tangoalphalima), in which he discusses implementation of the PACT Act and the Legion's Be the One campaign to reduce veteran suicide.



*"The Legion's storied and cherished place in American history, its unique program on Americanism, and the valued and trusted role each of the posts play in*

*every community make you a critical asset as we plan this national commemoration."*

**David Hamon**, advisory council liaison to the America250 Foundation, inviting The American Legion to play a leading role in organizing community celebrations for the United States' semiquincentennial in 2026



*"I want to see you there when we cut the ribbon."*

**Michael Rodriguez**, president and CEO of the Global War on Terrorism Memorial Foundation, thanking Legionnaires for

supporting efforts to build on "our nation's front lawn," the National Mall



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65	\$34.75	\$25.50	\$68.50	\$50.00	\$102.25	\$74.50	\$169.75	\$123.50
66	\$35.90	\$26.35	\$70.80	\$51.70	\$105.70	\$77.05	\$175.50	\$127.75
67	\$37.05	\$27.25	\$73.10	\$53.50	\$109.15	\$79.75	\$181.25	\$132.25
68	\$38.70	\$28.95	\$76.40	\$56.90	\$114.10	\$84.85	\$189.50	\$140.75
69	\$39.75	\$30.60	\$78.50	\$60.20	\$117.25	\$89.80	\$194.75	\$149.00
70	\$43.85	\$32.45	\$86.70	\$63.90	\$129.55	\$95.35	\$215.25	\$158.25
71	\$45.60	\$34.25	\$90.20	\$67.50	\$134.80	\$100.75	\$224.00	\$167.25
72	\$47.70	\$36.00	\$94.40	\$71.00	\$141.10	\$106.00	\$234.50	\$176.00
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<sup>1</sup>Ages 50 to 75 in NY. <sup>2</sup>Once your application has been received with your first month's premium, we will review and accept it. <sup>3</sup>Based on 12 months of rolling data for policies \$2,000-\$25,000 after all required documentation is received; excludes claims made within 24 months from policy issue date.



Photo by Andy Proffet

## Sons' 50th National Convention: Nod to past, vision for future

Standing at the podium in Milwaukee's Miller High Life Theater, J.R. Stillwell couldn't help but compare the venue for Sons of The American Legion's 50th National Convention to its workshops in the years preceding the first convention.

"You could probably put 20 of (those rooms) in this one," he said. "Look around at what we've come to."

From 1970 to 1971, Stillwell served as SAL national chairman, an office that became national commander when the Legion's National Executive Committee approved a new constitution and bylaws for the Sons in May 1972, three months before their first national convention in Chicago. Stillwell was one of many past chairmen/commanders and other guests in Milwaukee to celebrate a double milestone for the Sons.

"Our organization has come a long way in supporting our nation's heroes and their families since our inception in 1932," National Commander Michael Fox told the crowd. "In our 90 years of existence and 50 years of holding national conventions, we have transformed into the greatest program The American Legion has, something each and every one of you should be proud of."

More than 600 members of the Legion Family filled the Hilton Milwaukee City Center's Crystal Ballroom for the Sons' convention banquet, including American Legion National Commander Paul E. Dillard, Auxiliary National President Kathy Daudistel and Legacy Run Chief Road Captain Mark Clark, a member of SAL Squadron 21 in Missouri.

All agreed the Legion Family's work would be difficult without the help of the Sons, who have raised millions for the Child Welfare Foundation and other causes.

"If we can pack a room like this, what can we do 10 years from now?" Fox asked. "How much better can we be for The American Legion? They need us, we need them. It's a family unit."

Banquet attendees received a challenge coin and bookazine commemorating the Sons' 50 national conventions.



*"We gave \$500,000 this year. How much can we give next year?"*

**Newly elected SAL National Commander Chris Carlton of Indiana,** voicing his support for American Legion National Commander Jim Troiola's goal of raising \$2 million for the Veterans & Children Foundation

*"I don't belong up here, but in the name of my father, I appreciate it. I am so proud and humbled to be part of such a devout and patriotic group of American citizens."*

**Joe Piscopo,** "Saturday Night Live" alumnus and radio show host, who spoke at the Sons' 50th National Convention banquet after his induction as a member in Woodstock, Ill., in May

*"I have absolute confidence and great optimism about ... where Sons of The American Legion is going."*

**Joseph Paviglianti,** chairman of the SAL Century Committee, asking the Sons to support an "audacious" goal of 1 million members by 2032, the program's 100th birthday. Paviglianti stepped down as SAL's top legal counsel after 43 years in national leadership.

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As Americans face these unprecedented times, a new frenzy in the gold and silver market has surfaced. With inflation at a 40 year high, oil and gas reaching prices never seen before, and a global economic uncertainty that is pushing our country toward a major economic downturn, we are seeing more and more people rushing into the rare coin market every day. This is even more true when it comes to coins from the branch mints like Charlotte and Dahlonega, but none more so than the famed New Orleans Mint! The New Orleans Mint has an interesting and, most would argue, checkered history. It was established as one of the three original branch mints but was the only one of the three that struck both gold and silver coinage. This was mainly due to its centralized location and easy port access. It was in operation from 1838 to 1909, but that is far from the whole story.

### THE FAMOUS NEW ORLEANS MINT

In early 1861, the New Orleans mint was seized by the state of Louisiana. The same year, it would fall under the control of the Confederate States of America, then to the Union. In one year, the mint was controlled, and still operated, under 3 different powers. Part of the mint was even converted during the war to house troops. Due to major damage caused by the Civil War, the New Orleans mint would be closed for what most thought would be forever. However, due to large silver discoveries like the Comstock Lode, western mining interests passed legislation requiring the purchase of large amounts of silver to make Morgan Silver Dollars. In 1879, after major restoration, remodels and a mostly borrowed equipment and die presses, the old New Orleans Mint sprang back to life. Up until 1909 it would continue to operate, but the last Morgan Silver Dollar that would ever be produced there was in 1904.

With silver premiums at an all-time high, collectors and investors are seeking any opportunity to buy bullion the same way they could just a few short years ago. This is impossible to do with "modern" coins such as the Silver American Eagle, and before today was nearly impossible for any coins containing 90% or more of Silver.

Fortunately, Paramount Rare Coin has decided to release a very limited supply of New Orleans minted Morgan Silver Dollars that have been stored away for years before the premiums spiked. And even more surprising, this savings is being passed on to you!

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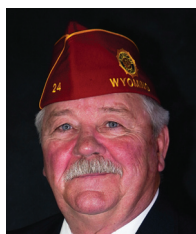
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# 2022-2023 National Officers



**Patricia A. Harris**  
National Vice Commander  
Home: Raleigh, N.C.  
Service branch: Army,

Army Reserve  
**Membership:** American Legion Post 157, 24 years  
**Region:** Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Oklahoma, Puerto Rico, South Carolina, Tennessee, Texas, Virginia



**Douglas R. Uhrig**  
National Vice Commander  
Home: Rock Springs, Wyo.

**Service branch:** Army, Army National Guard  
**Membership:** American Legion Post 24, 37 years  
**Region:** Alaska, Arizona, California, Colorado, Hawaii, Idaho, Mexico, Montana, Nevada, New Mexico, Oregon, Philippines, Utah, Washington, Wyoming



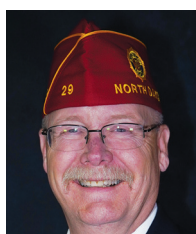
**Deborah A. Davis**  
National Historian  
Home: Englewood, Colo.

**Service branch:** Army, Army Reserve  
**Membership:** American Legion Post 206, 9 years



**Kenneth C. Hylton**  
National Vice Commander  
Home: Sunman, Ind.  
Service

**branch:** Army  
**Membership:** American Legion Post 464, 48 years  
**Region:** Illinois, Indiana, Kentucky, Michigan, Ohio, West Virginia, Wisconsin



**Glenn Wahus**  
National Vice Commander  
Home: Watford City, N.D.  
Service

**branch:** Navy  
**Membership:** American Legion Post 29, 32 years  
**Region:** Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota



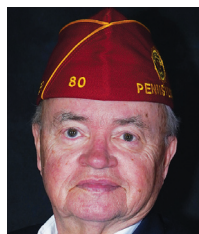
**Michael T. Byrnes**  
National Sergeant-at-Arms  
Home: Suffern, N.Y.

**Service branch:** Navy  
**Membership:** American Legion Post 859, 6 years

## AMERICAN LEGION AUXILIARY

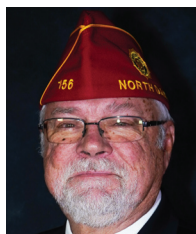


**Vickie Koutz**  
National President  
**Membership:** Unit 200, Boonville, Ind., 48 years  
**Eligibility:** Husband



**Paul M. Kennedy**  
National Vice Commander  
Home: Pittsburgh  
Service

**branch:** Army  
**Membership:** American Legion Post 80, 47 years  
**Region:** Connecticut, Delaware, District of Columbia, France, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont



**Mark Antal**  
National Chaplain  
Home: Apple Valley, Minn.  
Service  
**branch:** Army,

Army Reserve, Army National Guard  
**Membership:** American Legion Post 156 (N.D.), 24 years

## SONS OF THE AMERICAN LEGION



**Chris Carlton**  
National Commander  
**Membership:** Squadron 495, Indianapolis, 16 years  
**Eligibility:** Father, grandfather

Read more about The American Legion's national officers online:  
[legion.org/about/officers](https://legion.org/about/officers)

*Words of Wisdom*  
To My Grandson  
**Michael**

I've *traveled* paths you've yet to walk  
Learned *lessons* old and new  
And now the *wisdom* of my life  
I'm *blessed* to share with you.

Learn to *trust* your feelings,  
Your *beliefs* you should uphold.  
Don't walk away from what is right  
Be *courageous* and be *bold*.

Let yourself be *humble*,  
And remember to be *kind*.  
When you have *respect* for others  
True friendships you will find.

Have *dignity* and *honor*,  
And be proud of all you do,  
*Confidence* will take you far,  
A future that waits for you.

And so, I cannot wait to see,  
The *wonders* you will do  
Because you are my *Grandson*,  
And I am so *proud* of you.

Shown smaller than actual size of 14" tall x 8" wide

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plaque reserved. (Limit of 10 letters per name.)

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**Michael**

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Nephew 01-39008-001

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2. \_\_\_\_\_ 2. \_\_\_\_\_ 2. \_\_\_\_\_

Mrs. Mr. Ms.

Name (Please Print Clearly)

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## STRONG VETERANS ACT

H.R. 6411: Support the Resiliency of Our Nation's Great Veterans Act of 2022

*"The STRONG Veterans Act ties strongly into our Be the One campaign, which aims to reduce veteran suicides and end the stigma surrounding mental health. This bipartisan, bicameral legislation includes dozens of provisions that The American Legion has supported as stand-alone bills, and represents a unified effort to improve mental health care for our veterans."*

**Daniel J. Seehafer**, American Legion Legislative Commission Chairman

The STRONG Veterans Act, which passed in the House on June 23, includes provisions contained in over a dozen American Legion national resolutions and matches up with the organization's Be the One campaign to reduce veteran suicide. The main goal is to deliver fair, effective and proactive mental health care for all qualified veterans in need. The comprehensive package calls for:

- Designation of a national Buddy Check Week by VA
- Mental health and suicide prevention outreach to minority and American Indian/Alaska Native veterans
- Expansion of the VA Vet Center workforce
- Expansion of mental health training for VA personnel
- Update Veteran Crisis Line staff training and increase oversight of training for social service assistants
- Advancement of the VA Governors' and Mayors' Challenge program
- Improvement of VA sleep-disorder care
- Study on VA inpatient mental health and substance use care
- Study workload of VA suicide-prevention teams
- More research on brain health
- Study on efficacy of clinical and at-home resources for PTSD
- Study on treatment for co-occurring mental health and substance use disorders
- Improvements to the Veterans Justice Outreach program

**3,600+**

American Legion posts that reported conducting Buddy Check operations in 2020 and 2021

**90%**

Those who attempted or died by suicide who had a psychiatric disorder, particularly mood disorders, schizophrenia and substance use disorders, according to research published by the *American Journal of Psychiatry*

**13**

American Legion national resolutions passed since 2016 that support provisions in the STRONG Act

**Solid Start** VA launched its Solid Start program in 2019 to help veterans navigate the process to access benefits or other resources they may need. The program requires VA to make first contact with veterans within 90 days after separation and follow up often during the year of transition. The STRONG Act would make it permanent.

Use your smartphone to scan this QR code to go to the American Legion Grassroots Action Center and let Congress know where you stand.



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# LORE OF THE LEGION

IT'S VETERANS DAY, 2016...

THREE AMERICAN LEGION RIDERS FROM FREEHOLD BOROUGH, N.J., ARE ON THEIR WAY HOME FROM A CEREMONY AT THE VIETNAM VETERANS MEMORIAL IN HOLMDEL.

STORY: JEFF STOFFER  
ART: GARY MARTIN  
COLOR: MARCUS ESKOW  
EDITOR: AUGUST UHL

AHEAD, ALONGSIDE THE ROAD, THEY SPOT A MAN NEXT TO A MOTORCYCLE THAT'S BROKEN DOWN.

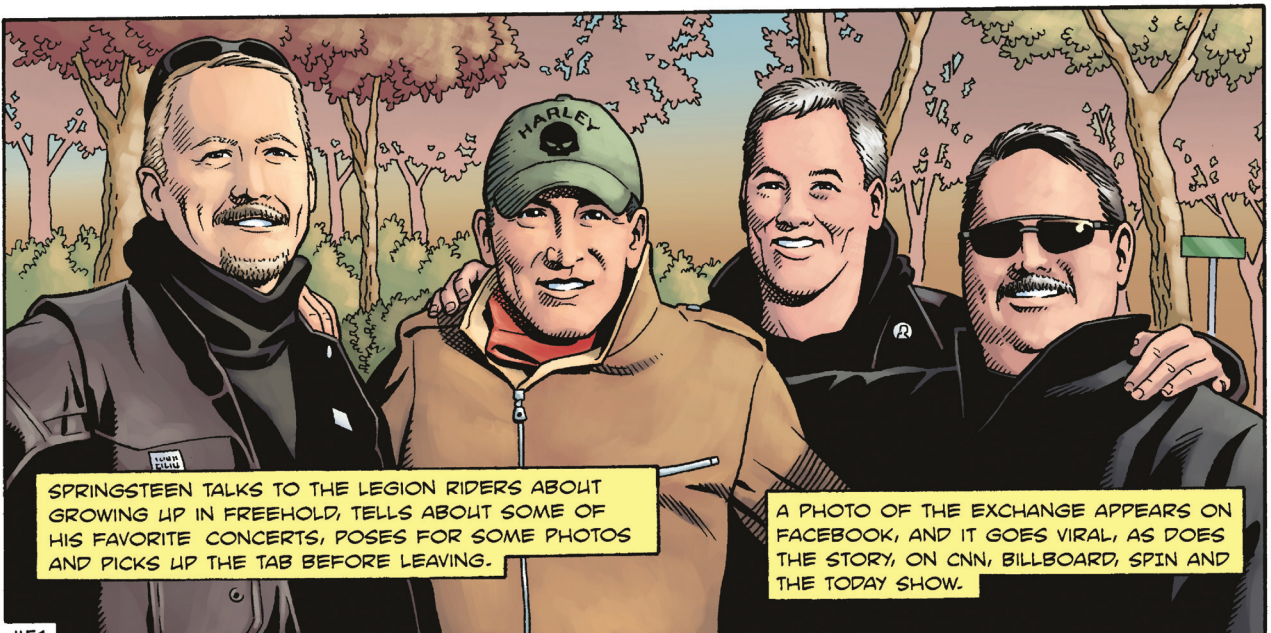
THEY RIDE UP AND OFFER TO HELP.

RIDER DAN BARKALOW IS ASTONISHED WHEN HE REALIZES WHO IT IS. "PRETTY MUCH AS SOON AS I GOT OFF MY MOTORCYCLE I LOOKED OVER AND SAW IT WAS BRUCE. I APPROACHED HIM AND SAID, 'I KNOW YA.' HE JUST KIND OF SHOOK HIS HEAD AND SHRUGGED HIS SHOULDERS."

THE STRANDED RIDER IS NONE OTHER THAN FREEHOLD NATIVE AND ROCK AND ROLL HALL OF FAME BRUCE SPRINGSTEEN, WHO ALSO HAPPENS TO BE A NEW JERSEY AMERICAN LEGION BOYS STATE ALUM.

UNABLE TO GET THE BIKE RUNNING - DEAD BATTERY - THE STAR MUSICIAN CLIMBS ON THE BACK OF ONE OF THE LEGION RIDERS' BIKES. THEY GO TO MULLIGAN'S FOR A BEER AND TO WAIT FOR SPRINGSTEEN'S RIDE.

"HE WAS JUST ONE OF THE GUYS."



SPRINGSTEEN TALKS TO THE LEGION RIDERS ABOUT GROWING UP IN FREEHOLD, TELLS ABOUT SOME OF HIS FAVORITE CONCERTS, POSES FOR SOME PHOTOS AND PICKS UP THE TAB BEFORE LEAVING.

A PHOTO OF THE EXCHANGE APPEARS ON FACEBOOK, AND IT GOES VIRAL, AS DOES THE STORY, ON CNN, BILLBOARD, SPIN AND THE TODAY SHOW.

#51



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## DiFrancesco's eternal place at Post 594

Dominic DiFrancesco was a member of American Legion Post 594 in Middletown, Pa., for 67 years. Now – a year after the Korean War Navy veteran died at 88 – it has been renamed in his honor. National, department and local Legion leaders gathered with the past national commander's family Sept. 17 for a dinner and ceremony that concluded with the official renaming/rededication of Dominic DiFrancesco Memorial Post 594.

"I think every one of us here learned to respect and love that guy," Department of Pennsylvania Commander Craig Wilhelm told the crowd. "He was a mentor for a lot of us. He taught us ... the right way to do stuff. I will always remember him."

Past National Commander Ronald F. Conley, also from Pennsylvania, told of his years of working with DiFrancesco on projects and programs, including the American Legion of Pennsylvania's Housing for Homeless Veterans initiative that originated in the 1980s and has helped hundreds who served get back on their feet.

"Dominic and I traveled the same paths," Conley said. "The commander (Wilhelm) mentioned that he was a mentor. Well, he was also a friend, and we worked together on various projects in this department. We worked together to try to get the right people into the right offices at the right times. And I think Dominic and I accomplished that. I took his lead because he was No. 1, and I was No. 2."



DiFrancesco served as American Legion national commander in 1991-1992; Conley was elected to lead the nation's largest veterans organization a decade later. Only four veterans from the Department of Pennsylvania – including first National Commander

Franklin D'Olier – have held that office.

The son of a World War I veteran Legionnaire who signed him up immediately after discharge, DiFrancesco served in dozens of leadership capacities and brought his family along for the ride. His sons and daughters grew up to become devoted American Legion Family members.

Department Chaplain Richard Dennison said he was once at a low point in his American Legion journey, and it was DiFrancesco and Conley who encouraged him and gave him new opportunities.

"All of us in the Department of Pennsylvania benefited by his leadership," Dennison said.

Department Adjutant James "Woody" Hogan, who knew DiFrancesco for nearly 30 years, said he still thinks of him whenever he is facing a difficulty. "Sometimes, I sit at my desk at work, struggling with an issue, and I look to the sky and ask Dominic what I should do. He always tells me."

– Jeff Stoffer

Read more about DiFrancesco and the post dedication: [legion.org/honor](https://legion.org/honor)

## The newest service anthem

In September, the Space Force unveiled its official anthem, "Semper Supra."

*We're the mighty watchful eye,  
Guardians beyond the blue,  
The invisible front line,  
Warfighters brave and true.  
Boldly reaching into space,  
There's no limit to our sky.  
Standing guard both night and day,  
We're the Space Force from on high.*



Air Force Band members and guests sing the new Space Force service song during the 2022 Air, Space and Cyber Conference in National Harbor, Md., Sept. 20. Air Force photo by Eric Dietrich



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## A rally for the Medal of Honor

This month marks 70 years since retired Navy Lt. Royce Williams downed four Russian MiGs in a 35-minute dogfight off the Korean peninsula.

American Legion members are working tirelessly to secure the Medal of Honor to commemorate Williams' unprecedented achievement.

Steve Lewandowski of American Legion Post 416 in Encinitas, Calif., calls it "an all-Legion effort," noting that they're working with the organization's Legislative Division in Washington to firm up support in Congress. "We are working like hell to get him the Medal of Honor. I like our odds."

On Nov. 18, 1952, Williams and three other pilots took off from USS *Oriskany* off the Korean coast. About five miles from the North Korean-Soviet border, seven Russian MiGs confronted Williams and his wingman. Not only were they outnumbered, but the MiGs were superior planes to their F9F-5 Panthers.

After landing his heavily damaged plane back on *Oriskany*, Williams was rushed into a briefing and sworn to secrecy. Military leaders didn't want to risk an escalation during the Cold War.



*Korean War veteran and American Legion member Royce Williams* Photo by Sandy Huffaker

As the only aviator to single-handedly shoot down four Soviet MiGs, Williams didn't tell anyone until Russia declassified its report 50 years later. How did he keep it to himself so long?

"I don't know," he told *The American Legion Magazine* in 2017. "The Boy Scout in me, I guess."

When Williams was awarded the Silver Star, the full story of his heroics was classified. No radio transcripts were released, and Russia did not divulge its losses for decades.

In 2017, the Legion's National Executive Committee passed Resolution 70, which petitioned Congress and DoD to award Williams the Medal of Honor. Other supporters include more than 115 admirals and generals, Boy Scouts of America and members of Congress.

The National Defense Authorization Act (NDAA) includes an amendment authorizing the awarding of the medal to Williams. The House passed the NDAA; at press time, it awaited Senate approval.

Lewandowski is determined to honor Williams. "I was told the only way you can do this is through the court of public opinion and political pressure," he says. "This is our last, best chance."

- Henry Howard

## Resources to promote Be the One

National Headquarters has released Be the One resources for American Legion posts. The new campaign is an effort to reduce the rate of veteran suicide by empowering veterans and civilians to reduce the stigma associated with mental health treatment and, when necessary, take the action to save the life of one veteran.

Among the available resources:

- **A trifold brochure** One side explains the Be the One initiative, while the other side is intentionally left blank. Post members can download the

brochure, update it with local resources, and then print and share it in their communities. These are ideal takeaways for promotional use or distribution at suicide awareness events. Visit [legion.org/publications](https://legion.org/publications) to download the PDF.

- **An updated web page** The page houses content related to Be the One. This is the primary resource for links to stories, videos, podcasts, promotional materials and more, and is regularly updated. Bookmark and visit [legion.org/betheone](https://legion.org/betheone).



**ALL-NEW** mobility technology

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Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I'd once enjoyed. I thought I'd made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the **So Lite™ Scooter**. Now there's nothing that can hold me back.

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Photo by Jeric Wilhelmsen

**112** Days blood donors must wait between "Power Red" donations, according to the American Red Cross. Eligible O, A-negative or B-negative donors sit at a machine that separates and collects two units of red cells and then returns the remaining blood components through the same arm.

The American Legion Holiday Donor Blood Drive runs from Thanksgiving through Dec. 31. Learn more about the Legion's history of blood donation at [legion.org/security/blood](http://legion.org/security/blood).

## MY GI BILL VETERANS & EDUCATION BY VALERIE HEFFNER

### Benefits pause for leave of absence

**Q:** I have attended a beauty college for the past six months using my Chapter 33 Post-9/11 GI Bill education benefits. Becoming a hair stylist has always been my dream. But I'm a single parent of two children. With the high cost of living and rental expenses, I am considering taking a leave of absence from school to move into my parents' home or find a new place to live that is not so expensive. What happens if I do that?

**A:** One of the first steps is to review the school catalog, which will state how long a leave is permitted when taking a break from school. Speak to the school counselor to ensure officials are aware of your plans to leave school for a semester or term. The counselor will send notification to VA with the exact dates of your leave. When those dates are certified to VA, your Basic Housing Allowance (BAH) will stop until you return to school.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz.

[askvalerie@legion.org](mailto:askvalerie@legion.org)

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*"Some grandmother poisoned our pies. Almost everyone got a fungus, someone's teeth fell out, the skin was peeling off. Many discussed how, when they return, they will hold the command accountable for lack of provision and incompetent leadership ... They simply decided to shower Ukraine with our corpses in this war ... My conscience tells me that I must try to stop this madness ... We did not have the moral right to attack another country ... The majority in the army, they are dissatisfied with what is happening there, they are dissatisfied with the government and their command, they are dissatisfied with Putin and his policies .... The main enemy of all Russians and Ukrainians is propaganda, which just further fuels hatred in people. I can no longer watch all this happen and remain silent."*

Excerpt from the diary of Russian paratrooper Pavel Filatyev, now living in exile

Source: *The Washington Post*

**Total Russian imports** Down more than 50% since February

**MOEX Russian Stock Index** Down nearly 50% since February

**Chinese exports to Russia** Down 50% since the end of 2021

**Inflation in Russia** Up 20% since February

**1,000+** Companies that have ended or curtailed operations in Russia since February

**500,000+** Russians who have left Russia since February

Source: Yale Chief Executive Leadership Institute

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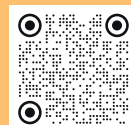
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1. Yu J, et al (2016) Topical oxygen therapy results in complete wound healing in diabetic foot ulcers. *Wound Repair and Regeneration*. 24 1066-1072  
2. Lee A, (2021) Continuous topical oxygen therapy - Improving healing in the diabetic foot. Poster presentation DFCon

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# Have 'the talk' about estate planning, finances

Earlier this morning, I wrote a check to my mom's memory care center.

That may not seem a big deal, but it's a testament to both her insistence on having some tough conversations over the years and the grit it took to follow through and get stuff done.

I mention this because the holidays usually bring families together and are an ideal time to let your loved ones know where you stand on various estate-planning issues. This might be hard to do, but I can vouch for the importance of making things run as smooth as possible in difficult times.

You know your family better than I do, but here are five things I think they'd benefit by hearing from you this year:

**Your plan** You probably know what you want to happen if you are incapacitated or die, and I hope you've put it in writing. Legal documents may include wills, trusts, powers of attorney and living

wills. You'll also want to ensure your assets are titled and, where appropriate, include beneficiary designations in line with your overall wishes. A qualified estate-planning attorney can help you build the plan, but it's up to you to share it.

**Who you want doing what** Whether you're naming an agent to make decisions for you in the event you can't, selecting an executor or successor trustee to manage things when you're gone, or choosing someone for something as mundane as taking care of your pets, you've got a reason and rationale for picking who you pick. Get it out there to set expectations and prevent conflict.

**Your team and contacts** Have a letter of instruction documenting your key contacts (attorneys, accountants), providers (banks, brokerages, insurance companies) and social media account details in a single document or notebook. If not, get it done. Include the details of any special programs or services for which you're eligible. Perhaps you've gone through the VA pre-need burial eligibility process and have documentation showing it. Let those who will need the info know where it's kept.

**Your insurance** Your life, disability, long-term care and health insurance have direct or indirect effects on your day-to-day finances as well as your estate plan. Do you have any gaps or concerns when it comes to insurance? Maybe you have long-term care or life insurance that has become too expensive but could still provide valuable protection. Getting it out in the open could invite solutions that benefit the entire family.

**Your special instructions** This is an opportunity to share details on a wide variety of topics, such as preferred burial location, cremation, type of service and obituary details. Don't let my lack of imagination limit yours.

*J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. [legion.org/usaa](http://legion.org/usaa)*



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According to the Global Wealth Report conducted by Credit Suisse, there were **21,951,000 U.S. millionaires** at the end of 2020. That number is expected to rise **28% to 28,055,000 by 2025.**



Getty

*"He always knew that he wanted to be a major league player. We all thought he'd get there; we just had no idea he would get there as quick as he did, nor could any of us know he'd do what he's done. He was mature beyond his years, but he was always focused on working hard at it and knowing what he had to do."*

**American Legion Baseball Committee Chairman Gary Stone**, who coached St. Louis Cardinals slugger Albert Pujols when he played American Legion Baseball for Hi-Boy Drive-In/Post 340 in Independence, Mo., 25 years ago. On Sept. 23, Pujols became the fourth hitter in Major League Baseball history to hit 700 career home runs when he hit two in St. Louis' 11-0 win over the Los Angeles Dodgers. Pujols joins Barry Bonds (762), Hank Aaron (755) and Babe Ruth (714) in the 700-home run club.

## IF YOU'RE A VETERAN WEARING ADULT DIAPERS TO CONTROL URINARY INCONTINENCE, YOU ARE NOT ALONE

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— John, Men's Liberty user



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	MEN'S LIBERTY	ADULT DIAPERS
<b>Keeps you dry 24/7?</b>	<b>YES</b> Can be worn comfortably, cleanly and securely for up to 24 hours	<b>NO</b> Must be changed regularly when they fill up or overflow — often every few hours
<b>Directs urine away from the skin?</b>	<b>YES</b> Completely external design collects fluid into a discreet pouch — leak-free	<b>NO</b> Traps moisture which stays in contact with skin causing discomfort or infection
<b>Reduces the risk of infections?</b>	<b>YES</b> More than 5 million Men's Liberty units have been sold, with reduced risk of infections or skin injuries	<b>NO</b> High incidence of diaper rash, sores, yeast infections and dermatitis
<b>Invisible under clothing?</b>	<b>YES</b> Men's Liberty is unnoticeable — only you know it's there	<b>NO</b> Awkward diapers can be ill-fitting, bulky and uncomfortable
<b>Little to no out-of-pocket cost?</b>	<b>YES</b> Covered by Medicare, most Medicaid plans, many private insurance plans, workers compensation and VA/Tricare	<b>NO</b> Adult diapers are not covered by Medicare, costing users up to \$300 a month

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<sup>1</sup>Vaughan CP, Johnson TM 2nd, Goode PS, Redden DT, Burgio KL, Markland AD. Military exposure and urinary incontinence among American men. J Urol. 2014 Jan; 191(1):125-9. doi: 10.1016/j.juro.2013.07.016. Epub 2013 Jul 16. PMID: 23871759.

LT 70067 A

# Bells of Peace to toll nationwide

The Doughboy Foundation invites all Americans to participate in "Bells of Peace 2022: A World War I Remembrance" on Nov. 11, in tandem with the Bells of Peace event at the National World War I Memorial in Washington.

The Washington event will begin at 10:45 a.m. Eastern time, with remarks by retired Army Gen. Barry McCaffrey and a wreath ceremony. At 11 a.m. the Navy will toll a ship's bell 21 times in remembrance of all those who served and sacrificed in World War I, all veterans and all active-duty military personnel.

Now in its fifth year, Bells of Peace is observed nationwide by local groups and organizations conducting ceremonies at churches, cemeteries, schools, American Legion posts, parks and more, tolling bells at 11 a.m. local time on Nov. 11.

If no bell is available, the Doughboy Foundation has created a free Bells of Peace app that will toll bells from a selection of bell sounds with one or many smartphones working together; download it at [bellsofpeace.org/app](https://bellsofpeace.org/app).



Photo courtesy Doughboy Foundation

The Bells of Peace program was created in 2018 by the U.S. World War One Centennial Commission and the Doughboy Foundation, in collaboration with the Society of the Honor Guard, Tomb of the Unknown Soldier to commemorate the 100-year anniversary of the World War I armistice.

Sign up, or share your story about your American Legion post's participation, at [bellsofpeace.org/register](https://bellsofpeace.org/register).

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# New Libido-Powering Pill Helps Men Enjoy Long-Lasting Intimacy - At Any Age

*Men across America are raving about a newly enhanced potency supplement that helps achieve healthy blood flow on demand*

After age 40, it's common knowledge that performance begins to decline in many men. However, a new, performance empowering pill is showing that any relatively healthy man can now enjoy long-lasting, and frequent intimacy -- at any age.

This doctor-designed formula, created by leading anti-aging expert Dr. Al Sears, has already helped men overcome low and sinking libido -- and has recently undergone a potency-enhancing update -- with remarkable new results.

When the first pill -- **Primal Max Black** -- was first released, it quickly became a top-selling men's performance helper, promoting intimacy across America.

It worked by supporting healthy testosterone levels. However, Dr. Sears soon realized that this isn't the only challenge men face with performance. That's when he turned his attention to blood flow.

And this became **Primal Max Red**.

## PROBLEM IS, RESULTS ARE MORE MECHANICAL THAN HORMONAL

Truth is, once blood flow slows down for men, no matter how exciting it is, it won't be enough without the necessary amount...

So enjoying intimacy without healthy blood flow becomes difficult for most men.

Luckily, a Nobel prize-winning scientist discovered the simple answer to help support performance strength and confidence -- by boosting vital blood flow -- and enhancing this essential

performance function.

Using this landmark Nobel Prize as its basis, **Primal Max Red** enhanced healthy blood flow for untold millions of men around the world with the use of strong nitric oxide boosters.

While **Primal Max Black** helped maintain optimal testosterone, **Primal Max Red** tackles a lesser-known challenge.

Director, Al Sears MD, who has authored over 500 scientific papers and has appeared on more than 50 media outlets including ABC News, CNN, ESPN, Discovery, National Geographic, Lifetime, and many more say, *"Less than optimal blood flow can be part of a huge problem that affects a lot of men. And it needed to be addressed once and for all, so men would not dwell on it. Then, once we optimized it and had a great deal of success, we set out to see if we could do even better."*

The former formula had excellent results. However, new research showed that for even faster, anytime, anywhere results, increasing the dose of a key compound was needed.

So, one of the three nitric oxide boosters in the new **Primal Max Red**, L-Citrulline, was clinically boosted to 9000 mg, and the results were astounding. Which is no surprise considering that 5000 mg is considered a "normal amount" -- giving the new version nearly doubled the blood flow boosting power.

Men who had previously been unsure about their power and stamina were overjoyed to be back to their old selves and to get and maintain a healthy bloodflow when they needed it.



A new discovery that increases nitric oxide availability was recently proven to boost blood flow 275% - resulting in improved performance.

## BETTER BLOOD FLOW, STRONGER RESULTS

The best way to promote healthy blood flow throughout the body is with the use of **Primal Max Red**. By using it, when exciting signals leave the brain, blood flows much faster like it used to.

This critical action is how men across the country are enjoying full and satisfying performance at any age. No need to bother with testosterone-boosting shots, blue pills, or shady capsules that have no effect.

**Primal Max Red** can effectively promote healthy blood flow that most men can use for maximum intimacy. This is leading to more greater capacity and satisfaction, coupled with long-lasting performance.

"There was a time when men had little control when it came to boosting their blood flow," Dr. Sears said. "But science has come a long way in recent years. And now, with the creation of nitric oxide-boosting **Primal Max Red**, men can perform better than ever, and enjoy intimacy at any age."

Now for men across America, it's much easier to stay at their performance peak as they get older.

## HOW TO GET PRIMAL MAX RED (AND FREE PRIMAL MAX BLACK):

To secure free bottles of **Primal Max Black** and get the hot, new **Primal Max Red** formula, buyers should contact the Sears Health Hotline at **1-800-909-9630** TODAY. "It's not available in retail stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer." Dr. Sears feels so strongly about **Primal Max**, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back."

Call NOW at **1-800-909-9630** to secure your supply of **Primal Max Red** and free bottles of **Primal Max Black**. Use Promo Code **AMLPMAX1022** when you call. Lines are frequently busy, but all calls will be answered!

**How to submit a reunion**

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, e-mail [reunions@legion.org](mailto:reunions@legion.org) or submit information online at [legion.org/reunions](http://legion.org/reunions).

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing twice a year.**

**Other notices**

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206** or e-mail [reunions@legion.org](mailto:reunions@legion.org).

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.**

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

**AIR FORCE / ARMY AIR FORCES**

**379th Sec Police Sqdn**, Wurtsmith AFB, MI, 6/8-11, Jeff Smith, (740) 819-5095, 379thspssreunion@earthlink.net

**JOINT**

**Army ADA & Marine LAAM - Msl Air Defense & Support Personnel Veterans Gathering**, Helen, GA, 5/9-12, Calvin Bridges, woodhouse1@yahoo.com, (706) 878-2191 option 3 (hotel reservations)

**NAVY**

**Roosevelt Roads Crash Crew (1967-1985)**, Pensacola, FL, 11/11-14, Pete Larrieu, (210) 296-6620, swampprattx@gmail.com; **Fulton AS 11**, Pittsburgh, 8/23-26, Ron Schwartzkopf, (937) 754-0326, chris41ron@att.net; **NSA Da Nang, Vietnam**, Topeka, KS, 4/17-23, Bernie Uhrinek, (724) 353-3627

**IN SEARCH OF**

**2nd Msl Bn 82nd Arty Corporal Missile (Kitzingen, Germany, 1961-1963)**, Michael DeTorie, (443) 825-6239

**6th Msl Bn (HAWK) 44th Arty (K6, Camp Humphries, South Korea, 1964-1965)**, H. Lee Kinney, hleekinney@comcast.net

**8th AF Igloo White Sensor Shop**, John Farmer, mugaipass@yahoo.com

**20th Tact Air Support Sqdn (Da Nang, Vietnam, 1968-1969)**, Dave Brondos, (408) 612-2253, littlewhitetruck@yahoo.com

**110th MP Co (Camp Ames, Korea, 1969-1970)**, James Hurm, (270) 315-0406, jhurm863@gmail.com

**840th AAA Bn (Automatic Wpns) A Btry (Camp Stewart, GA, 1943-1944) & 126th Btry (Hawaii, 1944-1946)**, Wilson Carlisle, 6677 Warren Sharon Road, Brookfield, OH 44403

**867th FA Bn ("Atomic Annie") A Btry (Arty Kaserne, Neckarsulm, Germany, 1953-1956)**, James Degnan, (661) 294-0256, my4cam@aol.com

**A Co 21st MP Co (Feb 1970-June 1971)**, Robert "Sam" Hough, (219) 363-2800, rwhough@comcast.net

**VA-116, VA-144 WESTPAC Cruise (Ranger, Kearsarge, Oriskany, 1959-1961)**, Dan Betzold, (513) 891-4572, betzold80@outlook.com

**TAPS**

**Gunner D. Baatrup, Dept. of South Dakota.** Nat'l Conv. Cmsn. Memb. 2007-2019, Nat'l Foreign Relations Cncl. Vice Chmn. 2002-2007 and Nat'l Sec. Cncl. Memb. 2019-2021.

**William Darrell Hansel, Dept of Indiana.** Nat'l Americanism Cmsn. Liaison Cmt. Chmn. 2007-2008, Nat'l Children & Youth Cmsn. Consultant 1992-1999, Nat'l Children & Youth Cmsn. Nat'l Cmdr.'s Rep. 1999-2006, Nat'l Children & Youth Cmsn. Liaison Cmt. Memb. 2008-2013, Nat'l

Exec. Cmt. Alt Memb. 2005-2007, Nat'l Exec. Cmt. Memb. 2007-2013, Nat'l Legis. Cmsn. Memb. 2013-2022 and Nat'l Subcmt. on Cmtes. Memb. 2012-2013.

**Stanley D. Nelson, Dept. of Alaska.** Dept. Cmdr. 1996-1997, Nat'l Americanism Cncl. Vice Chmn. 1994-1996 and Nat'l Military Affairs Cmt. Memb. 1997-2006.

**Perry D. Roberts, Dept. of Tennessee.** Dept. Cmdr. 1998-1999, Nat'l Americanism Cncl. Memb. 2011-2014, Nat'l Children & Youth Liaison Cmt. Memb. 2009-2010, Nat'l Exec. Cmt. Alt. Memb. 2004-2006, Nat'l Exec. Cmt. Memb. 2008-2010, Nat'l Sec. Cncl. Vice Chmn. 1994-1998, 1999-2008 and 2010-2011, and Nat'l Sec. Cmsn. Liaison Cmt. Memb. 2008-2009.

**Chuck A. Roloff Jr, Dept. of Wisconsin.** Nat'l Media & Comm. Cncl. Memb. 2013-2018.

**Stanley E. Shea, Dept. of New Hampshire.** Dept. Cmdr. 1970-1971, Nat'l Americanism Cncl. Vice Chmn. 1971-1973 and 1992-1993, and Nat'l Exec. Cmt. Alt. Memb. 1971-1975 and 1979-1983.

**Lloyd A. Wagener, Dept. of Wisconsin.** Dept. Cmdr. 1986-1987, Nat'l Economic Cmsn. Consultant 1996-2013, Nat'l Economic Cmsn. Liaison Cmt. Memb. 1992-1995, Nat'l Exec. Cmt. Alt. Memb. 1988-1992, Nat'l Exec. Cmt. Memb. 1992-1996, Nat'l Foreign Relations Cmsn. Liaison Cmt. Memb. 1995-1996 and Nat'l Foreign Relations Cncl. Vice Chmn. 1987-1992.

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"Oh yeah?" her grandson said. "So why is their dad carrying that rifle?"

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**THE POPE** was early for his flight. On the way to the airport, he asked his driver if he could take the wheel for once.

Suddenly, police lights flashed behind him. He pulled over, and when the officer came to the window his eyes widened. He said to the pope, "Hold on a minute," and radioed the chief.

"Sir, we have a situation. I've pulled over an important figure."

"How important?" the chief asked. "The governor or something?"

"No, sir. He's bigger."

"A celebrity?"

"More important, sir."

"Well, who is it?"

"I'm not sure, but the pope's his driver."

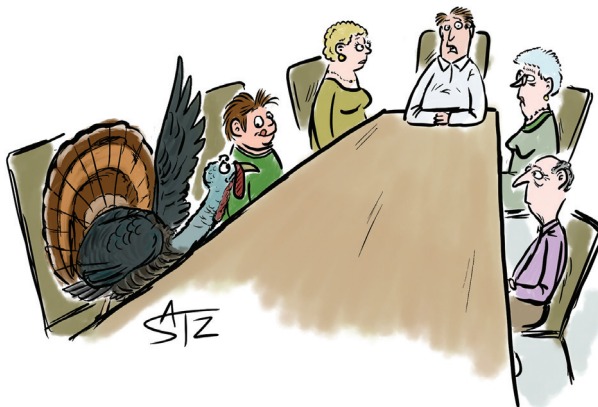
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**I USED TO PLAY** basketball, baseball and tennis, but I stopped after my son broke my PlayStation.

**A BARBER** asked his client, "How would you like your hair cut?"

"In silence," came the reply.

**"THE WHITE HOUSE** is planning to offer updated booster shots to Americans this fall. It's still the same booster, except these are gonna be pumpkin spice." – Jimmy Fallon



**"That's one in favor of a vegan Thanksgiving. All opposed?"**



**"Yes, I'm taking my time. I wouldn't want another speeding ticket."**



*Dave Coverly*

**"Let me check to see if that side effect has been reported."**



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